

# THE PLAYBOOK



CITY OF EULESS PARKS & COMMUNITY SERVICES



PlayEules.com



**INSIDE:** ATHLETICS pg.3 EVENTS pg.4 CLASSES pg.10 AQUATICS pg.15 SENIORS pg.21 RENTALS pg.28





## Table of Contents

Athletics.....	03
Special Events.....	04
City News.....	06
Historical Preservation.....	08
Euless Family Life Center.....	09
Youth.....	10
StarCenter.....	14
Aquatics.....	15
Adult.....	18
Seniors.....	21
Rentals.....	28
Parks.....	30



**Parks and Community Services**  
817-685-1429

**Euless Family Life Center**  
817-685-1666

**Euless Family Life Senior Center**  
817-685-1671

**Athletics**  
817-685-1838

**Facility Rentals**  
817-685-1649

**Softball World**  
817-267-7867

**Ray McDonald**, Director of Parks and  
Community Services  
817-685-1669 / [rmcdonald@eulesstx.gov](mailto:rmcdonald@eulesstx.gov)

**Terry Boaz**, Parks Manager  
817-685-1653 / [tboaz@eulesstx.gov](mailto:tboaz@eulesstx.gov)

**Suzanne Hendrickson**, Recreation Manager  
817-685-1662 / [shendrickson@eulesstx.gov](mailto:shendrickson@eulesstx.gov)

**Chris Thames**, General Manager Parks at  
Texas Star and Softball World  
817-685-1655 / [cthames@eulesstx.gov](mailto:cthames@eulesstx.gov)

**John Douthit**, Athletics Supervisor  
817-685-1838 / [jdouthit@eulesstx.gov](mailto:jdouthit@eulesstx.gov)

**Diane Eggers**, Family Life Senior Center  
Supervisor  
817-685-1670 / [deggers@eulesstx.gov](mailto:deggers@eulesstx.gov)

**Renee Frizzell**, Family Life Senior Center  
Programmer  
817-685-1871 / [rfrizzell@eulesstx.gov](mailto:rfrizzell@eulesstx.gov)

**Elizabeth Johnson**, Family Life Recreation  
Center Supervisor (Acting)  
817-685-1654 / [ejohnson@eulesstx.gov](mailto:ejohnson@eulesstx.gov)

**Alaina Thompson**, Family Life Recreation and  
Aquatics Coordinator  
817-685-1681 / [athompson@eulesstx.gov](mailto:athompson@eulesstx.gov)

**Jerry Poteet**, Volunteer and Special  
Events Coordinator  
817-685-1449 / [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov)

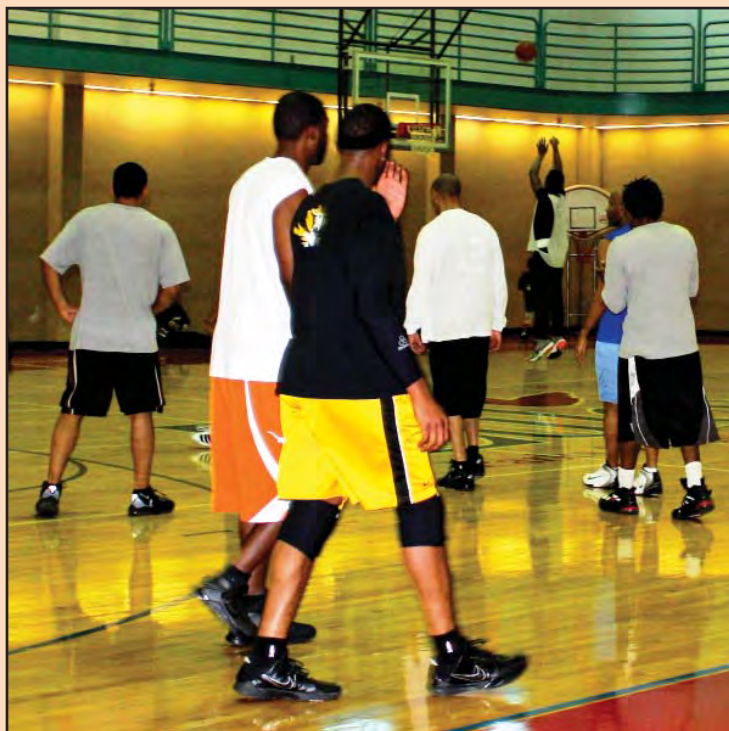
**Ofa Faiva-Siale**, Special Projects/Rentals  
Coordinator  
817-685-1649 / [ofaiva-siale@eulesstx.gov](mailto:ofaiva-siale@eulesstx.gov)

**Jeff Towne**, Graphic Artist  
817-685-1876 / [jtowne@eulesstx.gov](mailto:jtowne@eulesstx.gov)

**Jordan Peterson**, Administrative Secretary  
817-685-1828 / [jpeterson@eulesstx.gov](mailto:jpeterson@eulesstx.gov)



For additional information regarding all our athletic programs, call the athletic office at 817-685-1838.



### **Adult 4 on 4 Flag Football**

**Registration: September 1 - 30**

Cost: \$225 per team

Season begins early October, 10 games plus playoffs

### **Women's Basketball League**

**Registration: November 1 - December 11**

Cost: \$325 per team

Season begins early January, 8 games plus playoffs

### **Men's Basketball League**

**Registration: November 1 - December 11**

Cost: \$325 per team

Season begins early January, 8 games plus playoffs

### **The Parks at Texas Star Baseball League Spring 2017**

Ages 3 - 14

For more information log onto  
[www.parksattexasstar.com](http://www.parksattexasstar.com)

For additional information regarding our athletic programs, call the athletic office at 817-685-1838.



### **Softball World**

[www.SoftballWorld.us](http://www.SoftballWorld.us)

1375 W. Euless Blvd, Euless, TX 76040

(817) 267-7867

[cthames@eulesstx.gov](mailto:cthames@eulesstx.gov)

Tournament play is offered every weekend February through December including USSSA State Qualifiers, National Invitationals, State Championships, Nationals and World Tournaments for Men, Women and Coed Slow Pitch softball teams. League Play is offered for both Softball and Kickball.







## Drive-In Movie & Concert

Saturday, August 27

6:30 p.m. - concert featuring Acoustic Shade

8 p.m. - drive-in movie

"Star Wars: The Force Awakens"

The Parks at Texas Star, 1501 S. Pipeline Road

We've combined a concert and a movie together for one great family fun-packed evening. Enjoy the sounds of the 70's through today from Acoustic Shade to start off the evening. Then, as it gets dark, we will move over to the big screen and will feature "Star Wars: The Force Awakens." Bring a radio and tune in to the audio broadcast of the movie in the comfort in your own car. Food trucks will be on-site to provide you with yummy food and drink. You may also bring your own food or drink (no alcohol, please). Admission is free. Call 817-685-1666 for additional information.

## Stars Over Euless

Saturday, September 10, 8:30 - 10 p.m.

Bob Eden Park, 901 W. Mid-Cities Blvd.

Join the Euless Parks and Community Services Department and the staff of the world-renowned Noble Planetarium as we teach area residents about the stars and planets. Planetarium staff will conduct a power-point presentation on different elements in the nighttime sky. Astronomers will bring out powerful telescopes so kids can gaze into outer space and learn about the order and function of stars and planets in the sky. Bring out a blanket for the entire family and enjoy a great evening of educational fun. Refreshments will be available for purchase. Call 817-685-1666 for more information.

## Texas Junior Angler Fishing Event

Saturday, October 1, 9 a.m. - noon

Wilshire Park, 315 Sierra Drive

Join us at Wilshire Park for a great day of family fun! The Texas Junior Anglers organization will stock Wilshire pond with 500 pounds of catfish. It's absolutely free, and equipment will be available for all the kids who need it. Great prizes will be given out in various age groups and categories. The tournament is for kids only, but parents may fish after the competition with a fishing license. Refreshments will be available for purchase. Call 817-685-1666 for more information.

## Halloween Trunk or Treat Celebration

Saturday, October 29, 4 - 6:30 p.m.

Eules Family Life Aquatic Park parking lot  
300 W. Midway Dr.

Businesses, Churches, Civic groups, and Boy and Girl Scout Troops, are asked to participate with the City of Euless Parks and Community Services Department's Halloween Trunk or Treat Celebration. Other fun activities will include inflatables. Please call Jerry at 817-685-1449 or e-mail him at [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov) for additional information.

## Season of Sounds

### Masterworks Series

Arts Council Northeast and the City of Euless are thrilled to offer free concerts for the community.



## Fall Concert - Little Skynyrd Band

Friday, October 14, 7 - 8 p.m.

Leon Hogg Amphitheater

1951 Bear Creek Parkway

Little Skynyrd is an authentic Lynyrd Skynyrd tribute band based in North Texas. The band is comprised of seasoned musicians who grew up playing Skynyrd, love playing their music, and strive to keep their music alive. Skynyrd wrote and played some of the most rockin', high energy music ever. Little Skynyrd is out to play those great songs as close to the originals as possible. The goal is to make you feel like you are back in the 70's at a Lynyrd Skynyrd concert. With a double guitar assault, rock solid vocals, honky tonk piano and a thumping rhythm section Little Skynyrd de-





livers all the passion and energy of the originals, cranking out all the Skynyrd classics. So release your inner Free Bird and let's party like its 1975!! You may bring a blanket and sit on the lawn or bring your own lawn chair. You may bring your own food and drink (no alcohol, please). Popcorn and drinks will be available to purchase.

## Winter Concert - Harp Essence

Thursday, December 1, 7 - 8 p.m.

City Hall, Council Chambers, 201 N. Ector

HarpEssence is an ensemble of four harpists who came together to celebrate their passion for the harp. The group performs all styles of music, often in intricate 4 part harmonies. Beautiful runs, soaring glissandos and delicate fingering surround you with the gorgeous sounds of four concert grand harps. Come out and enjoy fabulous holiday music. Refreshments provided.



## Christmas Parade of Lights 2016

"A FabEuless Christmas"

Saturday, December 3, 6:30 p.m.

Midway Drive - 157 to Main Street

Even Santa Claus won't miss this year's spectacular display of moving lights. Organizations of all kinds may enter floats in the best parade in Texas! Let your imagination run wild as you consider this year's theme - A FabEuless Christmas. Parade award winners will be announced on [www.eulesstx.gov](http://www.eulesstx.gov) on Monday, Dec. 5th at 3 p.m. For more information or to receive a float application, call Jerry Poteet at 817-685-1449 or visit [www.eulesstx.gov](http://www.eulesstx.gov). All participants are asked to attend an informational meeting on Monday, November 14 at 7 p.m., at the Euless Family Life Senior Center to discuss safety issues. Come and experience the excitement of the season, and see Euless lit up with beautiful Christmas lights.

## Heritage Park Christmas Celebration

Saturday, December 10, 1 - 5 p.m.

Heritage Park, 201 Cullum Dr.

Celebrate an old fashioned Christmas at historic Heritage Park. Members of the Euless Historical Preservation Committee will conduct guided tours of the 165 year old Himes Log House, McCormick Barn and the Fuller House-all decorated for the holiday season. Visit the Euless Heritage Museum and learn about Euless history. You can listen to local choirs sing your Christmas favorites and visit our petting zoo and pony ride. Kids can visit the Blacksmith, Santa Clause and join story time with Mrs. Clause. And we'll have Kettle corn for sale and free refreshments for everyone! Holiday cheer and Euless history wrapped up in one great afternoon! Call 817-685-1666 for more information.

## Heritage Park Choirs

We are asking for five (5) Elementary School Choirs, Church Choirs, or Civic Choirs, to sing for thirty (30) minutes a piece. The time slots that are available include:

1:30 - 2:00 p.m.

2:10 - 2:40 p.m.

2:50 - 3:20 p.m.

3:30 - 4:00 p.m.

4:10 - 4:40 p.m.

If you are interested in participating, please call Jerry at 817-685-1449, or e-mail him at [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov). Do so early because the slots tend to go fast. Please note, choirs need to prepare for a ten minute set-up and tear down, so please be early.

## Join our Family of Volunteers Adventure

The City of Euless Parks & Community Services Department is looking for people that love to have fun, find it refreshing to meet new people and that are willing to try new adventures. Each year our department plans and implements several different, but unique family events. In order to produce such outstanding events we need volunteers, because without volunteers our events would not survive. If you would like to help build a strong community, play an important role in someone's life, and be a part of something exciting, then join our "Family of Volunteers" program. Contact Jerry Poteet at 817-685-1449 or [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov).

**Child Safety Seat Check**

Wednesday, September 14

10 a.m. - 2 p.m.

Belk, 2701 Rio Grande Blvd., Suite 100

The Child Safety Seat Task Force will provide a free test that will ensure your child safety seat is installed correctly and securely in your car. The National Highway Traffic Safety Administration shows that as many as 80 percent of all car seats are improperly installed. Many Euless Police officers are certified in the Child Safety Seat restraint system and will provide free checks throughout the year by appointment. Please call 817-685-1686 to make an appointment.

**Firefighters for Freedom Fighters 5K**

Saturday, September 17, 8:30 a.m.

Bob Eden Park, 901 W. Mid Cities Blvd.

Please join the Euless Fire Department for a 5K benefitting Police and Fire Benevolent Funds. All participants will receive a t-shirt, and awards will be given to the top finishers. Early registration is \$25 so sign up today by visiting [www.eulessfirefighters.org](http://www.eulessfirefighters.org).

**Trinity High School GAP Club Pet Fair**

Saturday, September 24, 10 a.m. - 2 p.m.

Trinity High School Parking Lot  
500 N. Industrial Blvd.

Join the GAP Club at the Pet Fair. The event will provide low cost vaccinations (10 a.m.-1 p.m.), low cost micro-chipping, professional photos, dog bathing, and nail trimming. The Euless Animal Shelter will have pets available for adoption. You can visit the [trinitygaprescue.org](http://trinitygaprescue.org) website anytime for adoptable pets.

The GAP Club is an all-girl service club devoted to the Animal Shelter. These ladies work tirelessly to adopt pets from the animal shelter, which significantly reduces the euthanasia rate. They host fundraisers to pay for vaccinations, spay, neutering, and other medical needs. In addition, the teens foster pets and spend their free time in the shelter to walk, groom, and care for the pets that reside there. Please come out and support this great group.

**Public Safety Open Houses**

Saturday, October 1, 10 a.m. - 2 p.m.

Police &amp; Courts, 1102 W. Euless Blvd.

Fire Station #3, 202 S. Main St.

Join the Euless Police and Fire Departments as they both host Open Houses. Take advantage of this rare opportunity to take a tour, climb in and out of police cars and fire trucks and ask questions about the facilities. There will be many activities for children, including bounce houses and safety demonstrations along with members of the Citizen Emergency Response Team, Citizen's Fire and Police Academy Alumni and Citizens on Patrol. Plus, visit with clowns from the S.A.F.E.T.Y. Troop. These events are free and everyone is invited!





## National Night Out

Tuesday, October 4, 7 p.m.

Turn on your outside lights, lock your doors, and spend the evening outside with 35 million people in more than 11,000 communities. Each year on National Night Out, Euless residents proactively deter crime by organizing a variety of special events within their neighborhoods.

Get your neighborhood involved in National Night Out to promote police/community partnerships, and learn about violence and drug prevention while building neighborhood unity.

Send a message to criminals letting them know your neighborhood is organized, involved, and fighting back. The Euless Police and Fire Departments invite all neighborhoods in Euless to meet in their neighborhood parks and join with the police and the nation to "take a bite out of crime." You can request a visit by representatives of the Fire Department at 817-685-1600 or the Police Department at 817-685-1536.

## Crud Day

Saturday, October 8, 9 - 11 a.m.

Euless Municipal Complex, 201 N. Ector

Euless residents may safely dispose of hazardous waste from your home such as paint, chemicals and oil. Space is limited. The mobile collection unit can accept material from approximately 125 households. If the unit reaches its capacity before you arrive, you may deliver your materials to the Environmental Collection Center in east Fort Worth. You may also bring any small electrical appliance you would like to recycle such as computers, radios, VCRs, stereos, clocks and hair dryers. For a complete list of accepted hazardous and electronic waste, please call 817-685-1400 or visit [www.eulesstx.gov/hazmat](http://www.eulesstx.gov/hazmat).

## Euless Library Foundation Book Sale

October 14-16

Mary Lib Saleh Euless Public Library

201 N. Ector Dr.

Visit the Euless Library Foundation (ELF) Book Sale and join us for some great deals on previously read books. Proceeds benefit the Summer Reading Club.

Friday, October 14

\$5 Entrance Fee

(Free for ELF Members)

2 - 4 p.m.

Saturday, October 15

Free Admission

10 a.m. - 4 p.m.

Sunday, October 16

Free Admission

1 - 3 p.m.

## Steak Dinner at the Fire Station

Saturday, October 22, 4:00 - 7:30 p.m.

Fire Station #3, 202 S. Main St.

The Euless Citizens Fire Academy Alumni Association will be hosting their annual Outback Steakhouse Dinner Fundraiser. Tickets are \$15 per person. To get your tickets please call 817-267-0981 or 817-685-1600. Tickets will also be available at the Fire Administration Bldg., 201 N. Ector Dr. during business hours.

## ECPAAA Dinner

Saturday, November 12, 4:30 p.m.

Euless Family Life Senior Center, 300 W. Midway

Get your tickets for the Euless Citizens Police Academy Alumni Association (ECPAAA) BBQ Dinner and Auction benefitting the Euless Police Department. The dinner and auction will be held at the Euless Family Life Senior Center, Saturday, November 12. Tickets are \$15 and can be purchased after August 1 at Stitch 'n Tyme Embroidery Shop, 706 S. Main Street, Euless, TX 76040. You can call 817-267-6588 if you need further information or have any questions.

## Diabetes Awareness Fun Walk & Presentation

Saturday, November 12, 9:30 a.m.

Mary Lib Saleh Euless Public Library

201 N. Ector Drive

Please join the Euless Tongan Community Committee for a FREE family friendly raising awareness of diabetes and connecting the diabetes community. After the walk, Clint Fuqua will present, "Diabetes: Everything You need to know. Helping yourself or a family member." Fun Walk begins at 9:30 a.m. Presentation at 10:30 a.m. For information call 817-685-1649.

**Eules Heritage Museum**

201 Cullum Drive / 817-685-1649

**Open the 2nd Saturday of every month from****1 – 5 p.m. (August 13, September 10, October 8,  
November 12, December 10)**

For info or group tours, call 817-685-1649

or email [ofaiva-siale@eulesstx.gov](mailto:ofaiva-siale@eulesstx.gov)**A Special Open House about Quanah Parker**

Join us for a very special open house at the Eules Heritage Museum on Saturday, September, 10, 2016 from 1-5 p.m. Guest Speaker, Lance Tahmahkera, Great-Great Grandson of Comanche Chief, Quanah Parker will give a presentation about the life of the famous Comanche Chief.

Born and raised in Fort Worth, Lance Tahmahkera has worked for Texas Health Harris Methodist Fort Worth for the past 37 years. Together with his parents, Mr. Tahmahkera stays close to the Comanche traditions. Much of his youth was spent at pow-wows and learning stories about his ancestors and tribal ways. For over 20 years he has shared his story with various schools, groups and organizations. The stories vary from the origin of the tribe, life on the plains and reservation, Cynthia Ann and Quanah Parker to current family events. He will also tell personal stories that were passed down to him through the family.



Quanah Parker (c. 1845 or 1852 - February 23, 1911) was a Comanche/English-American Comanche chiefs, a leader in the Native American Church, and the last leader of the powerful Quahadi band before they surrendered in the battle of the Great Plains and went to a reservation in Indian Territory. The U.S. eventually appointed Quanah Parker principal Chief of the entire Indian Nation once the people had gathered on the reservation where he became influential in Comanche and European American society.

Quanah was the son of Comanche chief Peta Nocona and Cynthia Ann Parker (born c. 1827-March, 1871), an English-American, who had been kidnapped in 1836 (c. age nine) and assimilated into the Nokoni band of the Comanche tribe. Cynthia Ann was nine years old when her grandfather, John Parker, was recruited to settle his family in north-central Texas; he was to establish a settlement fortified against Comanche raids, which had been devastating to the Euro-American colonization of Texas and northern Mexico.

Cynthia Ann was captured by the Comanche during the raid of Fort Parker near present-day Groesbeck, Texas. Given the native name Nadua (Someone Found), she was adopted as the foster daughter of Tabby-nocca. She forgot her original ways and became Comanche in every sense. Cynthia Ann and Peta Nocona enjoyed a happy marriage, and as a tribute to his great affection for her, he never took another wife, although it was traditional for chieftains to have several wives. They had three children including Quanah.

**Where is Heritage Park?**

How long have you lived in Euless? How much do you know about the City you live in? Did you know that the Fuller House was the first brick house in Euless? Or that the McCormick Barn is made out of lumber hauled by horse and buggy from Camp Bowie in Fort Worth? Have you visited the circa 160+ year old Himes Log House? The Log House was found inside one of the homes located northeast of Euless Junior High on Himes Street. These three buildings were dismantled brick by brick, log by log and lumber by lumber, moved and restored to their original condition at beautiful Heritage Park at 203 Cullum Drive, east of Euless Main and Hwy 10. Free tours are provided by the Historical Preservation Committee every second Saturday of the month between 1 - 5 p.m. Special tours may be scheduled depending on docent availability. Call 817-685-1649 or email [ofaiva-siale@eulesstx.gov](mailto:ofaiva-siale@eulesstx.gov) for information on tours, volunteer opportunities, donations, etc.





## Eules Family Life Center

300 West Midway Dr.

### RECREATION CENTER & FITNESS CENTER

**(817) 685-1666**

Elizabeth Johnson  
Acting Recreation  
Center Supervisor  
(817) 685-1654

Alaina Thompson  
Recreation & Aquatics  
Coordinator  
(817) 685-1681

### HOURS OF OPERATION

Monday – Thursday  
5 a.m. – 9 p.m.  
Friday  
5 a.m. – 8 p.m.  
Saturday  
8 a.m. – 6 p.m.  
Sunday  
Noon – 6 p.m.

### CHILDCARE

Monday – Friday  
5 p.m. – 8 p.m.  
Mon./Wed./Fri./Sat.  
8 a.m. – 11 a.m.

### SENIOR CENTER

**(817) 685-1671**

Diane Eggers  
Senior Center Supervisor  
(817) 685-1670

Renee Frizzell  
Senior Center Programmer  
(817) 685-1871

### HOURS OF OPERATION

Mon./Tues./Wed./Fri.  
6:30 a.m. – 4 p.m.  
Thursday  
6:30 a.m. – 9 p.m.  
Saturday & Sunday  
Closed



### HOLIDAY CLOSINGS:

**September 5, November 24, November 25 (open 8 a.m. - 6 p.m.)**

**Like us on Facebook! "Eules Parks & Community Services"**

**Visit us at [www.PlayEules.com](http://www.PlayEules.com).**

### Eules Family Life Center Daily Use & Membership Fees

Eules Family Life Recreation Center			Add Indoor Pool (Total Cost)		Fitness Center	Racquetball	Drop-In Day Care 2-hour max visit
12-month membership	Resident	Nres	Resident	Nres	Res \ Nres	Res \ Nres	Res \ Nres
Youth (8-15)**	\$10.00	\$25.00	\$50	\$100	NA	NA	NA
Silver Individual	\$80.00	\$225.00	\$125.00	\$310.00	Included	Included	\$5.00 per day
Silver Family*	\$125.00	\$485.00	\$185.00	\$620.00	Included	Included	\$5.00 per day
Gold Individual	\$130.00	\$275.00	\$175.00	\$360.00	Included	Included	Included
Gold Family*	\$190.00	\$585.00	\$250.00	\$720.00	Included	Included	Included
Eules Family Life Recreation Center			Add Indoor Pool (Total Cost)		Fitness Center	Racquetball	Drop-In Day Care 2-hour
3-month membership	Resident	Nres	Resident	Nres	Res \ Nres	Res \ Nres	Res \ Nres
Silver Individual	\$35.00	\$95.00	\$55.00	\$130.00	Included	Included	\$5.00 per day
Silver Family*	\$55.00	\$200.00	\$85.00	\$265.00	Included	Included	\$5.00 per day
Gold Individual	\$60.00	\$110.00	\$75.00	\$150.00	Included	Included	Included
Gold Family*	\$85.00	\$240.00	\$115.00	\$305.00	Included	Included	Included
Daily Fees Recreation Center			Daily Fees Indoor Pool				
Ages 2 & up	Resident	Nres	Resident	Nres			
Daily Use Fees	\$5.00	\$10.00	\$10.00	\$15.00			

Eules Family Life Senior Center			Add Indoor Pool (Total Cost)		Fitness Center
	Resident	Nres	Resident	Nres	Res \ Non-Res
Senior (60+)	\$7.00	\$35.00	\$30.00	\$145.00	\$0 \ \$90

\* Families are considered to be up to two adults and four dependent children or Seniors (60+) living in the same household; add \$10 for each additional child or Senior (60+). "Dependent" implies tax dependent or dependent through marriage.

\*\*Children under 9 must always be accompanied by an adult. Youth under 12 must be accompanied by an adult in the Indoor Pool. Youth age 12-15 must be accompanied by an adult in the Fitness Center.

Note: The above memberships do not include the Outdoor Aquatic Park. A separate membership is required for those facilities.

Effective January 1, 2016

**PRESCHOOL PROGRAMS****Preschool programs will not meet:****Monday, November 21, 2016 - Friday, November 25, 2016****Monday, December 19 - 31, 2016****TWO'S TIME**

ABC's and 123's is the foundation for learning. This program is designed to provide a varied and exciting experience for children 1.5 - 3 years. Activities will enhance socialization, assist in building self-confidence and provide some educational experience. Children will participate in songs, crafts, games and other activities. Children will be introduced to colors, shapes, numbers, alphabet and much more.

Instructor: Claudia Ramirez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110000-01	8/30	EFLC	1.5-3	T/TH	9-12pm	4	\$77
110000-02	9/27	EFLC	1.5-3	T/TH	9-12pm	4	\$77
110000-03	10/25	EFLC	1.5-3	T/TH	9-12pm	4	\$77
110000-04	11/29	EFLC	1.5-3	T/TH	9-12pm	3	\$62

**FUN TIME FOR LITTLE LEARNERS**

Preschoolers are busy and curious. Are you looking for a preschool program that sets the stage for self-confidence and inspires educational and social success? Our goal is to channel these wonderful behaviors and guide them into the world of learning. This program focuses on independence, social interaction, creative and academic development. Children will participate in art, games, sharing, music and other activities. Learning has never been so much fun! Children must be 3-5 years old and toilet trained by the first day of class. Please bring a lunch to class each day. Snacks will be provided. Supply fee \$10. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110002-01	8/29	EFLC	3-5	M/W	9am-1pm	4	\$137
110002-02	9/26	EFLC	3-5	M/W	9am-1pm	4	\$137
110002-03	10/24	EFLC	3-5	M/W	9am-1pm	4	\$137
110002-04	11/28	EFLC	3-5	M/W	9am-1pm	3	\$112

**TERRIFIC TUESDAYS & THURSDAYS**

Preschoolers are busy and curious. Are you looking for a preschool program that sets the stage for self-confidence and inspires educational and social success? Our goal is to channel these wonderful behaviors and guide them into the world of learning. This program focuses on independence, social interaction, creative and academic development. Children will participate in art, games, sharing, music and other activities. Learning has never been so much fun! Children must be 3-5 years old and toilet trained by the first day of class. Please bring a lunch to class each day. Snacks will be provided. Supply fee \$10. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110003-01	8/30	EFLC	3-5	T/TH	9am-1pm	4	\$137
110003-02	9/27	EFLC	3-5	T/TH	9am-1pm	4	\$137
110003-03	10/25	EFLC	3-5	T/TH	9am-1pm	4	\$137
110003-04	11/29	EFLC	3-5	T/TH	9am-1pm	3	\$112

**PERFORMING ARTS****HEAT AND SOUL DANCE**

Heart and Soul Dance has been serving the City's recreational programs for 3 years, under the direction of Mary Kharazi Berlingieri and Leah Berlingieri Siek. Our dance instructors are Ms. Mary, Ms. Leah, Ms. Kristen, Ms. Alyssa and Ms. Sue strives to provide students with the experience to express themselves artistically while exploring the opportunity to develop a strong and healthy body. Classes are offered year round in the areas of Ballet, Tap, Jazz, Hip-Hop and Pre-School Dance for all levels. We serve ages 2 through adult. The students will have the opportunity to perform throughout the year at scheduled performances and a recital at the end of May. You may register with staff at the front desk, online at [www.eulesstx.gov/pacs/playbook](http://www.eulesstx.gov/pacs/playbook) or at Heart and Soul Dance website [www.heartandsouldancers.com](http://www.heartandsouldancers.com) Discount for multi-family and multi-class are available for students who attended 2 or more in the same month. See page 19 for Adult Classes.

**PRESCHOOL DANCE**

Preschool Dance is a great way for children to gain confidence and accomplish challenges. They will gain the fundamentals for the next exciting level of their dance experience. Children will learn all the basic ballet and tap steps in a structured non-competitive environment.

Instructor: Mary Kharazi Berlingieri

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110200-01	9/6	EFLC	2-3	T	6-6:45pm	4	\$62
110200-06	10/4	EFLC	2-3	T	6-6:45pm	4	\$62
110200-11	11/1	EFLC	2-3	T	6-6:45pm	3	\$47
110200-16	11/29	EFLC	2-3	T	6-6:45pm	3	\$47

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110200-02	9/7	EFLC	2-3	W	10-10:45am	4	\$62
110200-07	10/5	EFLC	2-3	W	10-10:45am	4	\$62
110200-12	11/2	EFLC	2-3	W	10-10:45am	3	\$47
110200-17	11/30	EFLC	2-3	W	10-10:45am	3	\$47

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110200-03	9/7	EFLC	3-4	W	11am-12pm	4	\$67
110200-08	10/5	EFLC	3-4	W	11am-12pm	4	\$67
110200-13	11/2	EFLC	3-4	W	11am-12pm	3	\$51
110200-18	11/30	EFLC	3-4	W	11am-12pm	3	\$51

Instructor: Kristen Campbell Stevens

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110200-04	9/9	EFLC	3-4	F	5-6pm	4	\$67
110200-09	10/7	EFLC	3-4	F	5-6pm	4	\$67
110200-14	11/4	EFLC	3-4	F	5-6pm	3	\$51
110200-19	12/2	EFLC	3-4	F	5-6pm	3	\$51

Instructor: Leah Berlingieri Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110200-05	9/8	EFLC	4-5	TH	4-5pm	4	\$67
110200-10	10/6	EFLC	4-5	TH	4-5pm	4	\$67
110200-15	11/3	EFLC	4-5	TH	4-5pm	3	\$51
110200-20	12/1	EFLC	4-5	TH	4-5pm	3	\$51

**PRESCHOOL TUMBLING**

Preschoolers learn fundamental tumbling skills. These classes focus on the flexibility, balance and the social skills necessary to work in a group. Instructor: Kristen Campbell Stevens

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110208-01	9/9	EFLC	3-5	F	4-5pm	4	\$67
110208-02	10/7	EFLC	3-5	F	4-5pm	4	\$67
110208-03	11/4	EFLC	3-5	F	4-5pm	3	\$51
110208-04	12/2	EFLC	3-5	F	4-5pm	3	\$51



**BEGINNING HIP HOP**

This class will introduce young students' to the basic vocabulary and style of hip hop movement. Hip Hop is about personal style and expression. This high energy class can be taught to anyone with a passion to move, so no dance experience is required. Hip-Hop is one of the most recent popular dance styles. You can find hip-hop in T.V. commercials, music videos and movies as well as on Broadway and at school dances. Classes are structured with beginning hip-hop moves. Instructor: Alyssa McCain

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110204-01	9/8	EFLC	5-8	TH	5-6pm	4	\$67
110204-02	10/6	EFLC	5-8	TH	5-6pm	4	\$67
110204-03	11/3	EFLC	5-8	TH	5-6pm	3	\$51
110204-04	12/1	EFLC	5-8	TH	5-6pm	3	\$51

**INTERMEDIATE HIP HOP**

This class will continue to improve your technique and style of hip hop movement. Hip Hop is about personal style and expression. This high energy class can be taught to anyone with a passion to move, so no dance experience is required. Hip-Hop is one of the most recent popular dance styles. You can find hip-hop in T.V. commercials, music videos and movies as well as on Broadway and at school dances. Classes are structured with beginning hip-hop moves. Instructor: Alyssa McCain

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110205-01	9/8	EFLC	9-13	TH	6-7pm	4	\$67
110205-02	10/6	EFLC	9-13	TH	6-7pm	4	\$67
110205-03	11/3	EFLC	9-13	TH	6-7pm	3	\$51
110205-04	12/1	EFLC	9-13	TH	6-7pm	3	\$51

**INTERMEDIATE BALLET**

Ballet is a great way to tone your muscles while improving your flexibility. The class is designed to focus on intermediate ballet technique and choreography. Instructor: Sue Hurst.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110207-01	9/8	EFLC	10+	TH	7-8pm	4	\$67
110207-02	10/6	EFLC	10+	TH	7-8pm	4	\$67
110207-03	11/3	EFLC	10+	TH	7-8pm	3	\$51
110207-04	12/1	EFLC	10+	TH	7-8pm	3	\$51

**BEGINNING BALLET**

Beginning Ballet will introduce young students' to the elementary positions of classical ballet. Classes are slow and thorough to ensure proper alignment and understanding. Instructor: Sue Hurst

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110206-01	9/8	EFLC	5-9	TH	6-7pm	4	\$67
110206-02	10/6	EFLC	5-9	TH	6-7pm	4	\$67
110206-03	11/3	EFLC	5-9	TH	6-7pm	3	\$51
110206-04	12/1	EFLC	5-9	TH	6-7pm	3	\$51

**INTERMEDIATE HIP HOP**

This class will continue to improve your technique and style of hip hop movement. Hip Hop is about personal style and expression. This high energy class can be taught to anyone with a passion to move, so no dance experience is required. Hip-Hop is one of the most recent popular dance styles. You can find hip-hop in T.V. commercials, music videos and movies as well as on Broadway and at school dances. Classes are structured with beginning hip-hop moves. Instructor: Alyssa McCain

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110205-01	9/8	EFLC	9-13	TH	6-7pm	4	\$67
110205-02	10/6	EFLC	9-13	TH	6-7pm	4	\$67
110205-03	11/3	EFLC	9-13	TH	6-7pm	3	\$51
110205-04	12/1	EFLC	9-13	TH	6-7pm	3	\$51

**INTERMEDIATE BALLET**

Ballet is a great way to tone your muscles while improving your flexibility. The class is designed to focus on intermediate ballet technique and choreography. Instructor: Sue Hurst

Instructor: Sue Hurst.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110207-01	9/8	EFLC	10+	TH	7-8pm	4	\$67
110207-02	10/6	EFLC	10+	TH	7-8pm	4	\$67
110207-03	11/3	EFLC	10+	TH	7-8pm	3	\$51
110207-04	12/1	EFLC	10+	TH	7-8pm	3	\$51

**ADVANCED TAP**

Advanced tap goes deeper into the details of foot work and rhythm combinations still focusing on the technique behind the work. This class continues the development of tap technique and terminology. Instructor: Leah Berlingieri Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110202-01	9/6	EFLC	14-18	T	8-9pm	4	\$62
110202-02	10/4	EFLC	14-18	T	8-9pm	4	\$62
110202-03	11/1	EFLC	14-18	T	8-9pm	3	\$47
110202-04	11/29	EFLC	14-18	T	8-9pm	3	\$47

**TAP-JAZZ**

This combination class is a great way for students to experience different types of dance. The Tap portion of the class will concentrate on building confidence through mastering patterns and steps. Jazz portion of class includes an introduction to proper warm-ups and stretches for the body combined with across-the-floor progressions and mini combinations. Instructor: Leah Berlingieri Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110201-01	9/6	EFLC	7-9	T	5:30-7pm	4	\$77
110201-03	10/4	EFLC	7-9	T	5:30-7pm	4	\$77
110201-05	11/1	EFLC	7-9	T	5:30-7pm	3	\$58
110201-07	11/29	EFLC	7-9	T	5:30-7pm	3	\$58
110201-02	9/8	EFLC	10-14	TH	7-8:30pm	4	\$77
110201-04	10/6	EFLC	10-14	TH	7-8:30pm	4	\$77
110201-06	11/3	EFLC	10-14	TH	7-8:30pm	3	\$58
110201-08	12/1	EFLC	10-14	TH	7-8:30pm	3	\$58

**TAP-BALLET**

Dancers will enjoy this interactive combination class that builds on basic movements. The Tap portion of the class will concentrate on building confidence through mastering patterns, rhythms and choreography. The Ballet portion of class will help with balance, coordination, strength and flexibility. Instructor: Leah Berlingieri Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110210-01	9/8	EFLC	6-8	TH	5-6pm	4	\$67
110210-02	10/6	EFLC	6-8	TH	5-6pm	4	\$67
110210-03	11/3	EFLC	6-8	TH	5-6pm	3	\$51
110210-04	12/1	EFLC	6-8	TH	5-6pm	3	\$51

**TAP-BALLET-JAZZ**

Dancers will enjoy this interactive combination class that builds on basic movements. The Tap portion of the class will concentrate on building confidence through mastering patterns and steps. The Ballet portion of class includes an introduction to the ballet and learning more steps. Jazz portion of class includes an introduction to proper warm-ups and stretches for the body combined with across-the-floor progressions and mini combinations. Instructor: Leah Berlingieri Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110203-01	9/6	EFLC	5-7	T	4:30-5:30pm	4	\$67
110203-02	10/4	EFLC	5-7	T	4:30-5:30pm	4	\$67
110203-03	11/1	EFLC	5-7	T	4:30-5:30pm	3	\$51
110203-04	11/29	EFLC	5-7	T	4:30-5:30pm	3	\$51



## TAP BALLET HIP HOP

Dancers will enjoy this interactive combination class that builds on basic movements. The Tap portion of the class will concentrate on building confidence through mastering patterns and steps. The Ballet portion of class includes an introduction to the ballet and learning more steps. The Hip Hop portion of class includes the basic vocabulary and style of hip hop movement. Hip Hop is about personal style and expression. Instructor: Leah Berlingieri Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110211-01	9/8	EFLC	5-7	TH	6-7pm	4	\$67
110211-02	10/6	EFLC	5-7	TH	6-7pm	4	\$67
110211-03	11/3	EFLC	5-7	TH	6-7pm	3	\$51
110211-04	12/1	EFLC	5-7	TH	6-7pm	3	\$51

## TUMBLING II

Tumbling II is more advanced. Students will be introduced to learning more advanced tumbling skills in a fun, fast-paced class. These classes focus on the flexibility, balance and the social skills necessary to work in a group. Instructor: Kristen Campbell Stevens

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110209-01	9/9	EFLC	6-8	F	6-7pm	4	\$67
110209-02	10/7	EFLC	6-8	F	6-7pm	4	\$67
110209-03	11/4	EFLC	6-8	F	6-7pm	3	\$51
110209-04	12/2	EFLC	6-8	F	6-7pm	3	\$51

## FINE ARTS

### VOICE AND PIANO LESSONS

Voice and music lessons offer a full range of lessons for all ages and abilities. Claudia will help you gain confidence and consistency in various disciplines of the performing arts. Students will be coached in proper technique, theory, songwriting, sight reading, musicality, history, ear training, versatility, self-confidence, improvisation. Lesson times will be set up with the instructor. Lesson pricing will vary depending on the duration and type of class. \$120/month-4 classes; \$150/month-5 classes. 30 minutes per week. Instr: Claudia Melton

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110251-01	9/1	EFLC	4-17	M-S	10am-8pm	4.5	\$*
110251-02	10/1	EFLC	4-17	M-S	10am-8pm	5	\$*
110251-03	11/1	EFLC	4-17	M-S	10am-8pm	4.5	\$*
110251-04	12/1	EFLC	4-17	M-S	10am-8pm	4.5	\$*

### CORTEZ MUSIC SCHOOL STRING AND PERCUSSION

Students will get private instruction that meets their learning needs and helps them reach their performance goals. All instruction starts with the basics of music theory as it relates to the drum, any string instrument banjo, ukulele, violin and much more. A onetime try it out lesson before you your new music adventure. Lesson times will be set up with the instructor. Pricing will vary depending on the duration and type of class. Instructor: Cortez music school Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110253-01	9/1	EFLC	3-17	M-TH	3-8pm	4	\$112
110253-02	10/1	EFLC	3-17	M-TH	3-8pm	4	\$112
110253-03	11/1	EFLC	3-17	M-TH	3-8pm	4	\$112
110253-04	12/1	EFLC	3-17	M-TH	3-8pm	4	\$112



## YOU CAN OIL PAINT with Robert Garden School of Art

Never held a paintbrush and can't draw a straight line? This is the program for you whether you're a beginner or experienced artist! Discover the fun and ease of oil painting step-by-step with the patient and expert guidance of Robert & Susan Garden, professional artists with over 30 years of experience whose specialty is teaching students to complete a beautiful painting in one lesson. You'll be proud to frame and hang your masterpiece at the end of class. Learn perspective, color mixing, time saving brush strokes and composition. All supplies are provided; oil paints, palette, brushes, canvas, easel and detailed lesson plan. Wear an old T-shirt and bring paper towels to class. Themes include: Sept.-"Blue Dome of Mykonos Greece", Oct.-"Destin's Emerald Beach", Nov.-"Aspen Road on Trail Ridge", and Dec.-"Snowman in Central Park". Instructor: Robert Garden Art Enterprises

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110810-01	9/15	EFLC	14-17	TH	6-8:45pm	1	\$37
110810-02	10/13	EFLC	14-17	TH	6-8:45pm	1	\$37
110810-03	11/10	EFLC	14-17	TH	6-8:45pm	1	\$37
110810-04	12/8	EFLC	14-17	TH	6-8:45pm	1	\$37

## SPORTS & FITNESS PROGRAMS

(Check out the fitness classes in the Adult section for participants age 12 & up.)

### HOME SCHOOL PE

PE 101 is designed for students to be active and learn about athletics and team sports. Each class begins with a dynamic warm-up and stretch. We rotate through agility stations and drills. Each unit of study includes sport specific drills and games. Including rules of the game, strategy and the fundamentals required to play. We also enjoy fun classic games like kickball, dodge ball and capture the flag. Instructor: Bowman Sports

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110500-01	9/9	EFLC	6-13	F	1-2:30pm	4	\$47
110500-02	10/7	EFLC	6-13	F	1-2:30pm	4	\$47
110500-03	11/4	EFLC	6-13	F	1-2:30pm	3	\$47
110500-04	12/2	EFLC	6-13	F	1-2:30pm	3	\$47

### GIRLS ON THE RUN

Girls on the Run is a life-changing experience for girls in the 3rd through 5th grade. Our mission is to inspire girls to be independent thinkers, enhance their problem solving skills, make healthy decisions and building confidence while training for a 5K (3.1 miles). This group meets twice a week Instructor: Certified Girls on the Run Coaches. Register at [www.gotdrfw.org](http://www.gotdrfw.org).

BEG	LOC	GRADE	DAY	TIME	#WKS	\$
9/13	EFLC	3-5	T/TH	5:30-7pm	10	\$152

### G.A.T.A. GET F.I.T. YOUTH TRAINING

High intensity interval training focused on functional movement, strength training and balance, change of direction and speed agility and quickness. For those looking to become a better athlete or just get in shape. This program is perfect for all ability levels.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110501-01	9/6	EFLC	7-9	T/TH	6-6:50pm	4	\$98
110501-03	10/4	EFLC	7-9	T/TH	6-6:50pm	4	\$98
110501-04	11/1	EFLC	7-9	T/TH	6-6:50pm	4	\$98
110501-05	12/1	EFLC	7-9	T/TH	6-6:50pm	4	\$98
110501-02	9/6	EFLC	10-13	T/TH	7-7:50pm	4	\$98
110501-03	10/4	EFLC	10-13	T/TH	7-7:50pm	4	\$98
110501-04	11/1	EFLC	10-13	T/TH	7-7:50pm	4	\$98
110501-05	12/1	EFLC	10-13	T/TH	7-7:50pm	4	\$98





### KIDZ LOVE SOCCER

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer. "Where the score is always FUN to FUN! Kidz Love Soccer class status hotline 1-888-372-5803. To receive cancellation notifications automatically on your smartphone, download the free Kidz Love Soccer app for iPhone and Android. All kids receive a Kidz Love Soccer jersey!

### MOMMY, DADDY AND ME SOCCER

Introduce your toddler to the world's most popular game! As you participate together in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field and parents are part of the action. No specific equipment is required for this class.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110520-01	9/24	BEP	2-3.5	S	9-9:30am	8	\$95

### TOT PRE-SOCCER

This class teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first class, soccer cleats are optional, shorts and a t-shirt are preferred.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110521-01	9/24	BEP	3.5-5	S	9:40-10:15am	8	\$95

### SOCCER 1 - TECHNIQUES AND TEAMWORK

Players will learn dribbling, passing, receiving, shooting and defense. Fun games are played at every class. Shin guards are required after the first class, soccer cleats are optional, shorts and t-shirt are preferred.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110523-01	9/24	BEP	5-6	S	10:15-11am	8	\$95

### SOCCER 2 - SKILLS AND SCRIMMAGES

Soccer 2 will work on advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. Shin guards are required after the first class, soccer cleats are optional, shorts and a t-shirt are preferred.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110524-01	9/24	BEP	7-10	S	11-11:45am	8	\$95

### MARTIAL ARTS TAEKWON-DO

Camille Dockter with TaeKwon-Do Jungshin Euless was named head instructor in July of 2004 and has been serving the City's recreational programs since. Camille has been a part of TaeKwon-Do Jungshin in one form or another since 1996. She became a student of TaeKwon-Do after her daughter, Kira Dehnel, had been training for two years. Under her direction the school has maintained consistent enrollment with many students continuing on to first degree black belt and beyond. Classes for ages 13+ are on page 18.

#### Uniform Requirements:

TigerKubs Students do not require traditional taekwon-do uniforms. T-shirts with the school logo are available from the instructor but is not required. Beginner/Advanced/Teen/Adult Taekwon-Do Students can purchase a uniform with the school logo from the instructor. If uniform is purchased elsewhere, it must be a plain white uniform. Uniform payment are payable to the instructor.

Taekwon-Do Programs will not meet on Monday, September 5, 2016, Thursday, November 24, 2016 or Saturday, November 25, 2016.

### TIGERKUBS

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the very basic fundamentals of Taekwondo-Do. Our classes are disciplined, yet informal, with an emphasis on developing strength, aerobic stamina, balance, coordination and flexibility. This program can help to enhance overall focus and concentration, build character, discipline and self-esteem. Activities are designed to make it exciting without a competitive atmosphere. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110130-01	9/10	EFLC	5-8	S	9-9:45am	7	\$28
110130-02	11/5	EFLC	5-8	S	9-9:45am	5	\$28

### BEGINNERS-TAEKWON-DO (White Belt - Green Stripe)

This program is a child specific program explores the entire range of techniques for training in the Taekwondo-Do Jungshin Program and designed to instill the physical and character benefits of martial arts while motivating children to achieve success. New students registering for this class must be at least 9 years of age or have completed at least one session of Tigerkubs program and been approved by the instructor before registering. All classes meet at the Euless Family Life Senior Center. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110131-01	9/6	EFLC	9-15	T	6-7:15pm	7	\$68
				S	10-11:15am		
110131-02	11/1	EFLC	9-15	T	6-7:15pm	5.5	\$54
				S	10-11:15am		

### ADVANCED TAEKWON-DO (Green Belt - Black Belt)

This program is a child specific intermediate/advanced program allows students that have attained a green belt through the Taekwon-Do Jungshin beginner program to progress into more advanced and intricate skill development reaching their first black belt and beyond. Prerequisite: Instructor must give approval to register for this class. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110132-01	9/8	EFLC	9-15	M	6-7:15pm	6.5	\$63
		SIM		TH	6-7:15pm		
110132-02	11/3	EFLC	9-15	M	6-7:15pm	5	\$51
		SIM		TH	6-7:15pm		

### SCIENCE PROGRAMS ANIMATIONS

Create your own video game is about computer programming and by end of session will have created their very own video game that they can share with family and friends. Instructor: Heritage Robotics Academy Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110600-01	11/23	EFLC	7-12	W	9am-12pm	1	\$30
110600-02	11/23	EFLC	7-12	W	1-4pm	1	\$30

### APP INVENTOR CAMP

Create your own android app camp is perfect for middle and high school students who have not done any programming so far. It uses drag and drop programming, which means there is no room for syntax errors! Students will be able to create their own app by the end of the week. Students will need to bring their own laptop to class. Instructor: Heritage Robotics Academy Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110601-01	12/19	EFLC	13-17	M-TH	9am-12pm	1	\$120
110601-02	12/19	EFLC	13-17	M-TH	1-4pm	1	\$120



**Dr Pepper StarCenter**  
**1400 S. Pipeline Road**  
**Euleless, TX 76040 / 817-267-4233**  
[www.stars.nhl.com](http://www.stars.nhl.com)



### Dr Pepper StarCenter Birthday Party Packages Available

#### Birthday Party Packages - \$125

- Birthday child is free
- Admission and skate rental for 10 skaters
- The choice of table skirting (from variety of colors)
- 2 liters / pitchers of Dr Pepper Product
- Downloadable Invites

#### Upgrades

- Paper Products - \$15.00 (for 10 people)
- Party Hostess - \$25.00
- Private Skating Instructor - \$50.00
- Broomball Referee - \$35.00
- Additional Party Guest - \$5 per Guest
- Party Room Rental only - \$50.00 per hour
- Includes tables & chairs
- Pizzas - \$10.00 each
- Additional Liter or Pitcher of Beverage - \$3.00

#### Broomball Events

- \$450.00/hour for private ice rental
- Allowed to customize party from above list of upgrades

\*For more information, visit  
[stars.nhl.com/club/page.hrm?id=99691](http://stars.nhl.com/club/page.hrm?id=99691)

#### TOT ICE SKATING INSTRUCTION

Tots will learn the basics of ice skating in a fun environment. Children will practice falling down and getting up, marching across the ice, back wiggles, and stops. Toys, cones and stuffed animals are all used on the ice as teaching tools. Price includes skate rental on class day plus additional four free public skate sessions of choice. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111161-01	9/3	DPSC	3-5	S	1-1:30pm	4	\$30
111161-02	9/12	DPSC	3-5	M	6:30-7pm	3	\$23
111161-03	10/1	DPSC	3-5	S	1-1:30pm	4	\$30
111161-04	9/28	DPSC	3-5	M	6:30-7pm	4	\$30
111161-05	10/29	DPSC	3-5	S	1-1:30pm	4	\$30
111161-06	10/31	DPSC	3-5	M	6:30-7pm	4	\$30
111161-07	11/26	DPSC	3-5	S	1-1:30pm	4	\$30
111161-08	11/28	DPSC	3-5	M	6:30-7pm	4	\$30

#### ICE SKATING- SKATE LIKE A 'STAR'

Learn the basics of ice skating. Skaters will learn basic forward and backward skating, swizzles, one-foot glides and stops. Crossovers will be introduced. Skate rental included in the class. Price includes 30 minutes of instruction and free public skating and following class, plus four additional free public skate sessions of choice. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111162-01	9/3	DPSC	6-14	S	1-1:30pm	4	\$30
111162-02	9/12	DPSC	6-14	M	6:30-7pm	3	\$23
111162-03	10/1	DPSC	6-14	S	1-1:30pm	4	\$30
111162-04	10/3	DPSC	6-14	M	6:30-7pm	4	\$30
111162-05	10/29	DPSC	6-14	S	1-1:30pm	4	\$30
111162-06	10/31	DPSC	6-14	M	6:30-7pm	4	\$30
111162-07	11/26	DPSC	6-14	S	1-1:30pm	4	\$30
111162-08	11/28	DPSC	6-14	M	6:30-7pm	4	\$30

#### ADULT ICE SKATING

For adult skaters with little or no experience. Skaters will learn basic forward and backward skating, snowplow stops, swizzles, backward wiggles and one-foot glides. Forward crossovers will be introduced. Skate rental included in the class, plus four free public skate sessions. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111165-01	9/3	DPSC	15+	S	1:30-2pm	4	\$30
111165-02	9/12	DPSC	15+	M	7-7:30pm	3	\$23
111165-03	10/1	DPSC	15+	S	1:30-2pm	4	\$30
111165-04	10/3	DPSC	15+	M	7-7:30pm	4	\$30
111165-05	10/29	DPSC	15+	S	1:30-2pm	4	\$30
111165-06	10/31	DPSC	15+	M	7-7:30pm	4	\$30
111165-07	11/26	DPSC	15+	S	1:30-2pm	4	\$30
111165-08	11/28	DPSC	15+	M	7-7:30pm	4	\$30

#### Ice Fest 2016

**Saturday, December 17, 2 p.m.**

**Dr Pepper StarCenter, 1400 S. Pipeline Road**

Holiday fun for the whole family! General seating and Santa skate \$3. Reserved show seating on the ice and Santa skate \$15. Starring two-time U.S. National Champion Ashley Cain and National Medalist Timothy LeDuc, Nathional Champion Amber Glenn and two-time National Medalist Aleksei Krasnozhon. Plus special guest Santa Claus.

**3 - 4 p.m. Holiday Ice Show**

**4 - 5 p.m. Skate with Santa and the Cast**





## WATER AEROBICS

### Water Aerobics Payment Options

- Drop in and try a class for only \$10, non-refundable; not available to use as credit toward punch/membership.
- Seniors - \$30 per month, unlimited class (aquatic membership required)
- Non-senior - \$45 per month, unlimited classes (aquatic membership required)

Water Aerobics Classes will not be held on the following dates:

September 5 (Labor Day)

November 21-26 (Thanksgiving week)

December 17 - 31 (Christmas & New Year's week)

### ARTHRITIC AEROBICS

Start your day with the therapeutic benefits of water. This class is a slower paced class designed to assist in improving and maintaining range of motion to ultimately improve the quality of life. This class will get you warmed up and stretched out for whatever your day has in store for you.

CLASS #	BEG	LOC	DAY	TIME
120700-01	9/2	EFLC	MWF	8-8:45am
120700-02	10/3	EFLC	MWF	8-8:45am
120700-03	11/2	EFLC	MWF	8-8:45am
120700-04	12/2	EFLC	MWF	8-8:45am

### WATER CONDITIONING

Get your body moving and your heart rate up! This class will work all major body parts while helping you to maintain a healthy and happy lifestyle.

CLASS #	BEG	LOC	DAY	TIME
120710-01	9/2	EFLC	MWF	8:50-9:35am
120710-02	10/3	EFLC	MWF	8:50-9:35am
120710-03	11/2	EFLC	MWF	8:50-9:35am
120710-04	12/2	EFLC	MWF	8:50-9:35am

### AQUA AGILITY

Stamina, strength, and endurance; this is a fast moving, high energy, and upbeat class that will give you a great workout and is designed to increase your overall flexibility.

CLASS #	BEG	LOC	DAY	TIME
120704-01	9/2	EFLC	MWF	9:40-10:25am
120704-02	10/3	EFLC	MWF	9:40-10:25am
120704-03	11/2	EFLC	MWF	9:40-10:25am
120704-04	12/2	EFLC	MWF	9:40-10:25am

### WATER TONING

Water Toning embraces water density and uses it to get the most out of exercising and doing it in a soothing environment. Strengthening your core will help you feel stronger and get healthy. Water Toning embraces the healing benefits of the water, and is a workout for the body and the mind.

CLASS #	BEG	LOC	DAY	TIME
120702-01	9/1	EFLC	TTH	8-8:45am
120702-02	10/4	EFLC	TTH	8-8:45am
120702-03	11/1	EFLC	TTH	8-8:45am
120702-04	12/1	EFLC	TTH	8-8:45am

### CARDIO BY AQUA

A strong cardiovascular system is vital for a healthy life and is a key ingredient to any fitness routine. This upbeat class will give you a great workout and help to improve your cardiovascular system. Be prepared for cross training with a focus on endurance and interval training.

CLASS #	BEG	LOC	DAY	TIME
120705-01	9/1	EFLC	TTH	8:50-9:35am
120705-02	10/4	EFLC	TTH	8:50-9:35am
120705-03	11/1	EFLC	TTH	8:50-9:35am
120705-04	12/1	EFLC	TTH	8:50-9:35am

### HYDRO-RESISTANCE

Come use the resistance of the water for a fun and exciting exercise. Designed to increase overall strength and endurance, this class teaches you how to use your own body weight to get excellent results all while having a splashing good time.

CLASS #	BEG	LOC	DAY	TIME
120709-01	9/1	EFLC	TTH	9:40-10:25am
120709-02	10/4	EFLC	TTH	9:40-10:25am
120709-03	11/1	EFLC	TTH	9:40-10:25am
120709-04	12/1	EFLC	TTH	9:40-10:25am

### SPLASH ZUMBA

Dance your way into shape and have a splashing good time while doing it! This unique and fun class is sure to get you moving and grooving into shape with its easy to learn dance moves. You will leave feeling energized and before you know it you'll have danced yourself into shape.

CLASS #	BEG	LOC	DAY	TIME
120707-01	9/6	EFLC	T	6-7pm
120707-02	10/4	EFLC	T	6-7pm
120707-03	11/1	EFLC	T	6-7pm
120707-04	12/6	EFLC	T	6-7pm

### AQUA CROSS TRAINING

This isn't your grandmother's water aerobics class! This class is geared towards your 9 to 5 workers looking to have some fun and burn real calories after that long hard day at work. To get the most out of your training, our class combines multiple workouts to stimulate all muscle groups.

CLASS #	BEG	LOC	DAY	TIME
120703-01	9/1	EFLC	TH	6-7pm
120703-02	10/6	EFLC	TH	6-7pm
120703-03	11/3	EFLC	TH	6-7pm
120703-04	12/1	EFLC	TH	6-7pm

### TABATA 101

Want to add Tabata into your work out but need to build your strength first? Or maybe you're intimidated by the "cross fit" style workouts? Tabata 101 is excellent for learning the official Tabata moves and still providing the amazing workout that you can get from high interval training. Tabata is designed for people looking to improve flexibility, increases stamina, build muscle, and lose weight.

CLASS #	BEG	LOC	DAY	TIME
120708-01	09/03	EFLC	SAT	9-9:45am
120708-02	10/1	EFLC	SAT	9-9:45am
120708-03	11/5	EFLC	SAT	9-9:45am
120708-04	12/3	EFLC	SAT	9-9:45am

### POWER TABATA

This Intense workout uses interval training to bring you to a full body workout. The instructor can modify all skills, but this class is designed for those looking to improve flexibility, increase stamina, build muscle and lose weight. Make sure you bring your water bottle, as you will be working up a serious sweat in this class!

CLASS #	BEG	LOC	DAY	TIME
120711-01	09/03	EFLC	SAT	9:50-10:35am
120711-02	10/1	EFLC	SAT	9:50-10:35am
120711-03	11/5	EFLC	SAT	9:50-10:35am
120711-04	12/3	EFLC	SAT	9:50-10:35am



## SWIM LESSON HINTS:

\* A session consists of eight 30 minute Lessons. Lessons take place at the Natatorium and are Monday & Wednesday nights.

\* Swim lesson spots fill quickly. Please remember to register early so you will not be disappointed. If your class is full, please allow us to put you on the wait list. We will contact you as soon as possible if a spot becomes available.

\* In the event that a class is canceled, every effort will be made to notify you by telephone. At the time of registration be sure to update all your information and make sure it is accurate.

\* Children not potty trained must wear a water diaper.

\* In case of inclement weather, we will hold a Safety Class under the pavilion or in the Rec center.

\* If you sign up for the wrong level, every effort will be made to try to make the correction, however; if the correct level is full and there is no available space a full refund will be given. To ensure this does not happen, speak with an aquatic team member prior to registering for a class.

### PARENT & TOT

Water Introduction is the very first step in swim lessons; this class focuses on getting comfortable in the water through fun and games. A parent or guardian over 18 must be in the water at all times.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120007-01	09/07	EFLC	6mo-2	MW	6:15-6:45pm	4	\$48
120007-02	10/03	EFLC	6mo-2	MW	6:15-6:45pm	4	\$55
120007-03	10/31	EFLC	6mo-2	MW	6:15-6:45pm	4	\$55
120007-04	12/05	EFLC	6mo-2	MW	6:15-6:45pm	2	\$30

### WATER TOTS

Basic water safety rules, submerging mouth-nose and eyes, opening eyes underwater and picking up submerged object, swimming on front and back using arm and leg actions with instructors support, exhaling underwater, floating on front and back, moving comfortably through the water and entering and exiting the water independently.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120000-01	09/07	EFLC	3-4	MW	5:40-6:10pm	4	\$48
120000-02	09/07	EFLC	3-4	MW	6:15-6:45pm	4	\$48
120000-03	10/03	EFLC	3-4	MW	5:40-6:10pm	4	\$55
120000-04	10/03	EFLC	3-4	MW	6:15-6:45pm	4	\$55
120000-05	10/31	EFLC	3-4	MW	5:40-6:10pm	4	\$55
120000-06	10/31	EFLC	3-4	MW	6:15-6:45pm	4	\$55
120000-07	12/05	EFLC	3-4	MW	5:40-6:10pm	2	\$30
120000-08	12/05	EFLC	3-4	MW	6:15-6:45pm	2	\$30

### LEVEL 1: INTRODUCTION TO WATER SKILLS

Great for beginners over the age of 4! Basic water safety rules, submerging mouth-nose and eyes, opening eyes underwater and picking up submerged object, swimming on front and back using arm and leg actions with instructors support, exhaling underwater, floating on front and back, moving comfortably through the water, and entering and exiting the water independently.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120001-01	09/07	EFLC	4-9	MW	5:05-5:35pm	4	\$48
120001-02	09/07	EFLC	4-9	MW	5:40-6:10pm	4	\$48
120001-03	09/07	EFLC	4-9	MW	6:15-6:45pm	4	\$48

120001-04	09/07	EFLC	4-9	MW	6:50-7:20pm	4	\$48
120001-05	10/03	EFLC	4-9	MW	5:05-5:35pm	4	\$55
120001-06	10/03	EFLC	4-9	MW	5:40-6:10pm	4	\$55
120001-07	10/03	EFLC	4-9	MW	6:15-6:45pm	4	\$55
120001-08	10/03	EFLC	4-9	MW	6:50-7:20pm	4	\$55
120001-09	10/31	EFLC	4-9	MW	5:05-5:35pm	4	\$55
120001-10	10/31	EFLC	4-9	MW	5:40-6:10pm	4	\$55
120001-11	10/31	EFLC	4-9	MW	6:15-6:45pm	4	\$55
120001-12	10/31	EFLC	4-9	MW	6:50-7:20pm	4	\$55
120001-13	12/05	EFLC	4-9	MW	5:05-5:35pm	2	\$30
120001-14	12/05	EFLC	4-9	MW	5:40-6:10pm	2	\$30
120001-15	12/05	EFLC	4-9	MW	6:15-6:45pm	2	\$30
120001-16	12/05	EFLC	4-9	MW	6:50-7:20pm	2	\$30

### LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Give students success with fundamental skills, submerging entire head, front and back glide without support, and recover from a vertical position. Bobbing in water, jellyfish float, swimming using combined stroke on front and back unsupported. Prerequisite: Participants must have a Level 1 certificate or be able to demonstrate all the completion requirements in Level 1.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120002-01	09/07	EFLC	4-9	MW	5:05-5:35pm	4	\$48
120002-02	09/07	EFLC	4-9	MW	5:40-6:10pm	4	\$48
120002-03	10/03	EFLC	4-9	MW	5:05-5:35pm	4	\$55
120002-04	10/03	EFLC	4-9	MW	5:40-6:10pm	4	\$55
120002-05	10/31	EFLC	4-9	MW	5:05-5:35pm	4	\$55
120002-06	10/31	EFLC	4-9	MW	5:40-6:10pm	4	\$55
120002-07	12/05	EFLC	4-9	MW	5:05-5:35pm	2	\$30
120002-08	12/05	EFLC	4-9	MW	5:40-6:10pm	2	\$30

### LEVEL 3: STROKE DEVELOPMENT

The objective of Level 3 is to build on skills they already know such as freestyle and back crawl but focus on swimming technique such as rhythmic breathing, propelling kick and proper pull. In level 3 you will learn elementary backstroke, scissors kick, dolphin kick and build on the fundamentals of treading water. Prerequisite: Participants must have a Level 2 certificate or be able to demonstrate all the completion requirements in Level 2.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120003-01	09/07	EFLC	5-15	MW	5:05-5:35pm	4	\$48
120003-02	09/07	EFLC	5-15	MW	6:50-7:20pm	4	\$48
120003-03	10/03	EFLC	5-15	MW	5:05-5:35pm	4	\$55
120003-04	10/03	EFLC	5-15	MW	6:50-7:20pm	4	\$55
120003-05	10/31	EFLC	5-15	MW	5:05-5:35pm	4	\$55
120003-06	10/31	EFLC	5-15	MW	6:50-7:20pm	4	\$55
120003-07	12/05	EFLC	5-15	MW	5:05-5:35pm	2	\$30
120003-08	12/05	EFLC	5-15	MW	6:50-7:20pm	2	\$30

### LEVEL 4: STROKES AND TURNS

Level 4 focuses on stroke refinement and proficiency. Swimmers will build on strokes they already know such as freestyle, backstroke, breaststroke, scissor kick and dolphin kick. You will learn the arms for sidestroke and butterfly, starts and turns, and how to maintain streamline at faster speeds. This course will build endurance that is necessary to be able to swim efficiently while maintaining a streamline position. Prerequisite: Participants must have a Level 3 certificate or be able to demonstrate all the completion requirements in Level 3.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120004-01	09/07	EFLC	5-15	MW	5:05-5:35pm	4	\$48
120004-02	09/07	EFLC	5-15	MW	6:50-7:20pm	4	\$48
120004-03	10/03	EFLC	5-15	MW	5:05-5:35pm	4	\$55
120004-04	10/03	EFLC	5-15	MW	6:50-7:20pm	4	\$55
120004-05	10/31	EFLC	5-15	MW	5:05-5:35pm	4	\$55
120004-06	10/31	EFLC	5-15	MW	6:50-7:20pm	4	\$55
120004-07	12/05	EFLC	5-15	MW	5:05-5:35pm	2	\$30
120004-08	12/05	EFLC	5-15	MW	6:50-7:20pm	2	\$30





## NATATORIUM HOURS



August – December

See page 9 for membership and daily fee information. For additional information, please call 817-685-1666

Monday – Friday 8 a.m. – 8:30 p.m.  
(Open Swim: 11:40 a.m. – 5 p.m.)

Saturday 9 a.m. – 3 p.m.  
(Open Swim: 10:30 a.m. – 3 p.m.)

Sunday Noon – 3 p.m.  
(Open Swim: Noon – 3 p.m.)

## RENTALS

The Natatorium is also available for rentals for parties. The rental includes use of the party room and the pool.

### Open Swim Party Rental (up to 12 swimmers)

Resident: \$100 Non-resident: \$250

Includes admission for up to 12 swimmers and 2-hour rental of party room. This rental can be done during any open swim time from Monday – Sunday.

### Private Party Rental (up to 40 swimmers)

Resident: \$175 Non-resident: \$425

Includes admission for up to 40 swimmers and 2-hour rental of party room. Times available: Saturday or Sunday, 3:30 - 5:30 p.m.

A \$250 deposit is required for rental. Party room capacity is 40 and seats 20 comfortably. Renter may bring in cake and drinks. All rental fees are due at time of reservation. The rental may be made a maximum of 60 days in advance and a minimum of 2-weeks' notice. Due to lifeguard staffing requirements no additional guests may be added to the party. To make a reservation, please call 817-685-1649 or e-mail Mary at ofaiva-siale@eulesstx.gov. Rental forms are available at <http://www.eulesstx.gov/pacs/rental/AquaticFacilities.htm#natatorium>

## ADULT

Whether you're a first-time swimmer or are looking to improve your existing skill set, we offer Adult lessons for all stages of swimming ability. We teach beginners who won't get their face wet all the way up to tri-athlete looking to cut time and increase their stroke efficiency. Our trained instructors will guide you through a personalized program and help you to achieve your swimming goals!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120008-01	09/07	EFLC	15+	MW	6:50-7:20pm	4	\$48
120008-02	10/03	EFLC	15+	MW	6:50-7:20pm	4	\$55
120008-03	10/31	EFLC	15+	MW	6:50-7:20pm	4	\$55
120008-04	12/05	EFLC	15+	MW	6:50-7:20pm	2	\$30

## SWIM TEAM PREP

This class helps to bridge the gap between the swimming lesson environment and swim team world. This class will focus on the four competitive strokes, starts, turns and finishes all while providing a coach in the water to ensure proper technique is being learned. Swim Team Prep will correct swimmers form and work to increase endurance while teaching common swim team drills to make the transition to swim team as seamless as possible. Prerequisite: Participants must have a Level 4 certificate or be able to demonstrate all the completion requirements in Level 4.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120500-01	09/07	EFLC	5-15	MW	6:15-6:45pm	4	\$48
120500-02	10/03	EFLC	5-15	MW	6:15-6:45pm	4	\$55
120500-03	10/31	EFLC	5-15	MW	6:15-6:45pm	4	\$55
120500-04	12/05	EFLC	5-15	MW	6:15-6:45pm	2	\$30

## GUARD START

Guard start is a course that focuses on the lifeguarding course pre-test only. This is not a lifeguard certification course. This course will work on the 300yd swim, the 2 min. treading and the brick test. The instructors for this class will fully explain the pre-test and give important hints on techniques to pass the pre-test. This class will fix your swimming, treading, and get you training with the brick in a safe and controlled environment.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120011-01	09/07	EFLC	14	MW	5:40-6:10pm	4	\$48
120011-02	10/03	EFLC	14	MW	5:40-6:10pm	4	\$55
120011-03	10/31	EFLC	14	MW	5:40-6:10pm	4	\$55
120011-04	12/05	EFLC	14	MW	5:40-6:10pm	2	\$30

## BABYSITTER'S TRAINING BOOT CAMP

The American Red Cross babysitter's training boot camp will provide the participants with the necessary skills in order to safely and responsibly give care for children and infants. This training will certify participants in basic child care with pediatric CPR and First Aid, and will also certify participants in basic water rescue. Please bring swimsuit, towel and lunch to class.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120013-01	10/22	EFLC	11-15	SaSu	10am-6pm	1	\$135

**FINE ARTS****YOU CAN OIL PAINT with Robert Garden School of Art**

Never held a paintbrush and can't draw a straight line? This is the program for you whether you're a beginner or experienced artist! Discover the fun and ease of oil painting step-by-step with the patient and expert guidance of Robert & Susan Garden, professional artists with over 30 years of experience whose specialty is teaching students to complete a beautiful painting in one lesson. You'll be proud to frame and hang your masterpiece at the end of class. Learn perspective, color mixing, time saving brush strokes and composition. All supplies are provided; oil paints, palette, brushes, canvas, easel and detailed lesson plan. Wear an old T-shirt and bring paper towels to class. Themes include: Sept.-"Blue Dome of Mykonos Greece", Oct.-"Destin's Emerald Beach", Nov.-"Aspen Road on Trail Ridge", and Dec.-"Snowman in Central Park". Instructor: Robert Garden Art Enterprises

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110810-01	9/15	EFLC	18+	TH	6-8:45pm	1	\$37
110810-02	10/13	EFLC	18+	TH	6-8:45pm	1	\$37
110810-03	11/10	EFLC	18+	TH	6-8:45pm	1	\$37
110810-04	12/8	EFLC	18+	TH	6-8:45pm	1	\$37

**VOICE AND PIANO LESSONS**

Voice and music lessons offer a full range of lessons for all ages and abilities. Claudia will help you gain confidence and consistency in various disciplines of the performing arts. Students will be coached in proper technique, theory, songwriting, sight reading, musicality, history, ear training, versatility, self-confidence, improvisation. Lesson times will be set up with the instructor. Lesson pricing will vary depending on the duration and type of class. \$120/month-4 classes; \$150/month-5 classes. 30 minutes per week. Instructor: Claudia Melton

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110251-01	9/1	EFLC	18+	M-S	10am-8pm	4.5	\$*
110251-02	10/1	EFLC	18+	M-S	10am-8pm	5	\$*
110251-03	11/1	EFLC	18+	M-S	10am-8pm	4.5	\$*
110251-04	12/1	EFLC	18+	M-S	10am-8pm	4.5	\$*

**CORTEZ MUSIC SCHOOL STRING AND PERCUSSION**

Students will get private instruction that meets their learning needs and helps them reach their performance goals. All instruction starts with the basics of music theory as it relates to the drum, any string instrument banjo, ukulele, violin and much more. A onetime try it out lesson before you your new music adventure. Lesson times will be set up with the instructor. Pricing will vary depending on duration and type of class. Instructor: Cortez music school Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110253-01	9/1	EFLC	18+	M-TH	3-8pm	4	\$112
110253-02	10/1	EFLC	18+	M-TH	3-8pm	4	\$112
110253-03	11/1	EFLC	18+	M-TH	3-8pm	4	\$112
110253-04	12/1	EFLC	18+	M-TH	3-8pm	4	\$112

**MARTIAL ARTS****TAEKWON-DO**

Camille Dockter with TaeKwon-Do Jungshin Euless was named head instructor in July of 2004 and has been serving the City's recreational programs since. Camille has been a part of TaeKwon-Do Jungshin in one form or another since 1996. She became a student of TaeKwon-Do after her daughter, Kira Dehnel, had been training for two years. Under her direction the school has maintained consistent enrollment with many students continuing on to first degree black belt and beyond.

**Uniform Requirements:**

Beginner/Advanced/Teen/Adult Taekwon-Do Students can purchase a uniform with the school logo from the instructor. If uniform is purchased elsewhere, it must be a plain white uniform. Uniform payment is payable to the instructor.

Taekwondo-Do Programs will not meet on Monday, September 5, 2016, Thursday, November 24, 2016 or Saturday, November 25, 2016.

**TAEKWON-DO TEEN/ADULT  
(White Belt through Black Belt)**

This program is a teen and adult-based comprehensive training system that is designed to prepare all levels of teen/adult students to achieve their fullest potential, from the white belt to the first degree black belt and beyond. Students will develop confidence, character, integrity and numerous physical benefits. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110133-01	9/6	EFLC	16+	T	7:30-9pm	7	\$81
		SIM		TH	7:30-9pm		
110133-02	11/1	EFLC	16+	T	7:30-9pm	5.5	\$64
		SIM		TH	7:30-9pm		





### **SPECIAL INTEREST**

#### **INTRODUCTION TO JAVA**

This class is ideal for high school students, college students and professionals who want to learn programming language. Students will learn the basics java programming concepts. Instructor: Martin Joseph Madathiparambil

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111000-01	9/10	EFLC	16+	S	9-11am	8	\$132

#### **DISPUTE RESOLUTION**

Everyone has conflicts in life and one cannot escape them. Simply saying "I am sorry" will solve the problem and not able to see the end to the battle before it hit a major battle. This class will discuss alternative way to dispute conflicts. Instructor: Dallas County Dispute Resolution Center-Certified Mediator

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111001-01	9/13	EFLC	16+	T	6-7pm	6	\$52

#### **LIFE INSURANCE 101**

There are many types of life insurance and many ways to use it. Come learn about the different types and how useful and flexible life insurance can be, especially when it comes to taxes.

Instructor: Educate DFW Series

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/1	EFLC	18+	TH	6:30pm	1	FREE

#### **ALL ABOUT ANNUITIES**

Annuities are good or are they bad? Things have changed a lot in the last few of years. Come learn all about annuities so you can decide for yourself. We will be learning: What is an annuity? How does it work? What are the different types? Are there tax benefits to annuities? Instructor: DFW Series

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	10/6	EFLC	18+	TH	6:30pm	1	FREE

#### **FINANCIAL PITFALLS**

What you don't know about money can really cost you! Your financial situation is a combination of every financial decision you've made up until now. If you're like most, you've had very little or no training, so you're just learning as you go. This means while many of your choices may be born of good intentions, they fall flat as a result of poor planning or lack of knowledge. Join us and find out how to put yourself on the most prosperous path possible. Avoiding financial pitfalls is easier when you're informed! Instructor: DFW Series

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	11/3	EFLC	18+	TH	6:30pm	1	FREE

### **TAX DEFERRED VS TAX FREE**

Retirement usually involves a bit of strategy. One topic that is often overlooked is tax-free savings vs. tax-deferred savings. The decisions you make now could have a huge impact on how you live later in life. Come learn all about efficient and effective saving strategies.

Instructor: DFW Series

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	12/8	EFLC	18+	TH	6:30pm	1	FREE

### **PERFORMING ARTS**

#### **HEAT AND SOUL DANCE**

Heart and Soul Dance has been serving the City's recreational programs for 3 years, under the direction of Mary Kharazi Berlingieri and Leah Berlingieri Siek. Our dance instructors are Ms. Mary, Ms. Leah, Ms. Kristen, Ms. Alyssa and Ms. Sue strives to provide students with the experience to express themselves artistically while exploring the opportunity to develop a strong and healthy body. Classes are offered year round in the areas of Ballet, Tap, Jazz, Hip-Hop and Pre-School Dance for all levels. We serve ages 2 through adult. The students will have the opportunity to perform throughout the year at scheduled performances and a recital at the end of May. You may register with staff at the front desk, online at [www.eulesstx.gov/pacs/playbook](http://www.eulesstx.gov/pacs/playbook) or at Heart and Soul Dance website [www.heartandsouldancers.com](http://www.heartandsouldancers.com) Discount for multi-family and multi-class are available for students who attended 2 or more in the same month. See our Youth classes on page 10.

#### **ADULT TAP**

Click Click get your feet to tappin' and make some noise! This class is for all levels. Student will explore different type of choreography musicality and rhythm. Tap is wonderful form of exercise and fun too!

Instructor: Leah Berlingieri Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110245-01	9/6	EFLC	18+	T	7-8pm	4	\$62
110245-02	10/4	EFLC	18+	T	7-8pm	4	\$62
110245-03	11/1	EFLC	18+	T	7-8pm	3	\$47
110245-04	11/29	EFLC	18+	T	7-8pm	3	\$47

#### **ADULT BALLET**

Ballet is a great class for flexibility, core strength, balance and technique. This is a great class for adults to continue learning as well as getting a great core. Instructor: Sue Hurst.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110240-01	9/8	EFLC	18+	TH	8-9pm	4	\$62
110240-02	10/6	EFLC	18+	TH	8-9pm	4	\$62
110240-03	11/3	EFLC	18+	TH	8-9pm	3	\$47
110240-04	12/1	EFLC	18+	TH	8-9pm	3	\$47

### **FITNESS**

#### **ZIN YOGA**

Yoga is an ancient discipline that relaxes the body, calm the breath, soothe the mind and refresh the outlook. Make a change in your life with yoga and experience new increased strength, flexibility and balance. Please bring mat and towel. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110325-01	9/7	EFLC	12+	MW	5-5:55pm	4	\$37
110325-02	10/3	EFLC	12+	MW	5-5:55pm	4	\$47
110325-03	11/2	EFLC	12+	MW	5-5:55pm	4	\$47
110325-04	12/5	EFLC	12+	MW	5-5:55pm	2	\$22

**PILATES FITNESS**

This class focuses on body alignment, pelvis stability, breathing, initiating and building abdominal strength, flexibility, and elongating muscles groups to enable efficient movement. Please bring mat and towel. Instructor: Beverly Hill, ACE Instructor

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110320-01	9/7	EFLC	12+	MW	6-6:55pm	4	\$37
110320-02	10/3	EFLC	12+	MW	6-6:55pm	4	\$47
110320-03	11/2	EFLC	12+	MW	6-6:55pm	4	\$47
110320-04	12/5	EFLC	12+	MW	6-6:55pm	2	\$22

**CARDIO KICKBOXING BOOT CAMP**

This class is a combination of cardio, boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. Come try one of the most popular fitness trends and kick, jab, cross, hook and uppercut your way to a fitter you for the holiday season! Instructor: Beverly Hill, ACE

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110316-01	9/7	EFLC	12+	MW	7-7:55pm	4	\$37
110316-02	10/3	EFLC	12+	MW	7-7:55pm	4	\$47
110316-03	11/2	EFLC	12+	MW	7-7:55pm	4	\$47
110316-04	12/5	EFLC	12+	MW	7-7:55pm	2	\$22

**ZUMBA/ZUMBA TONING/ZUMBA SENTAO**

Party like its 1999! Zumba is a Latin inspired fitness cardio dance class. This has toning with weights and if you are not a dancer you can sit can get fit. Please hand weight of 3lbs or less. If you are not sure this class is for you come try the first class for FREE! Drop-in fee of \$8 per class. Instructors: Letty Mota and Gracie Torres

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110300-01	9/7	EFLC	8+	MW	7-8pm	4	\$47
110300-02	10/3	EFLC	8+	MW	7-8pm	4	\$47
110300-03	11/2	EFLC	8+	MW	7-8pm	4	\$47
110300-04	12/5	EFLC	8+	MW	7-8pm	3	\$32

**BARRE FITNESS**

Barre Fitness is a low-impact, full-body workout. Movements used are similar to those from ballet and pilates in order to create long, lean muscle, burn fat, improve flexibility & balance, and give a nice, complete stretch. Features some cardio and weight conditioning on occasion. Instructor: Sara Townkey

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110315-01	09/1	EFLC	18+	TH	9:30-10:20am	4	\$52
110315-02	10/6	EFLC	18+	TH	9:30-10:20am	4	\$42
110315-03	11/3	EFLC	18+	TH	9:30-10:20am	3	\$32
110315-04	12/1	EFLC	18+	TH	9:30-10:20am	5	\$52

**TAI CHI-BEGINNERS**

Tai Chi Chuan combines aerobic activity, circulation, breathing, and stretching techniques to help all fitness levels find internal balance while doing a weight bearing, low-impact workout. Wear loose clothing and flat shoes. This class repeats monthly. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110305-01	9/6	EFLC	16+	T	6-7pm	4	\$40
110305-02	10/4	EFLC	16+	T	6-7pm	4	\$40
110305-03	11/1	EFLC	16+	T	6-7pm	4	\$40
110305-04	11/29	EFLC	16+	T	6-7pm	4	\$40

**TAI CHI-ADVANCED**

Tai Chi is proven to restore energy, strength and endurance, develop grace and balance, resulting in relaxation and suppleness. Returning students learn additional moves and continue the study of Yang form introduced in the beginner course. Chi-Kung exercises and two-person drills will be introduced. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110306-01	9/6	EFLC	16+	T	7-8pm	4	\$40
110306-02	10/4	EFLC	16+	T	7-8pm	4	\$40
110306-03	11/1	EFLC	16+	T	7-8pm	4	\$40
110306-04	11/29	EFLC	16+	T	7-8pm	4	\$40

**HOT HULA**

HOT HULA fitness® is a fun, new and exciting dance workout. It provides a "total body workout" in 60 minutes broken down into segments including warm-up and cool-down so you can do a shorter workout depending on your time and fitness level. HOT HULA fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, gluteus, quads and arms. HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels will enjoy HOT HULA fitness®. No equipment required barefoot works best. Bring water and a towel. Instructor: Ema Colon

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110330-01	9/7	EFLC	15+	MW	8-9pm	3.5	\$37
110330-02	10/3	EFLC	15+	MW	8-9pm	4.5	\$47
110330-03	11/2	EFLC	15+	MW	8-9pm	4.5	\$47
110330-04	12/5	EFLC	15+	MW	8-9pm	3.5	\$37

**FITNESS CAMP**

Join an exhilarating fun beginner's workout class filled with plyometrics, calisthenics and bodyweight exercises. Designed to make you more lose weight, tone up and be more fit in a short period of time. Instructor: Christian Smalls

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110310-01	9/3	EFLC	13+	S	10:30-11:30am	4	\$42
110310-03	10/1	EFLC	13+	S	10:30-11:30am	5	\$42
110310-05	11/5	EFLC	13+	S	10:30-11:30am	4	\$42
110310-02	9/7	EFLC	13+	W	10:30-11:30am	4	\$42
110310-04	10/5	EFLC	13+	W	10:30-11:30am	4	\$42





## Euless Family Life Senior Center

300 West Midway Drive, Euless, Texas 76039  
817-685-1671

Diane Eggers, Senior Center Supervisor, 817-685-1670  
Renee Frizzell, Senior Center Activity Programmer, 817-685-1871

Monday, Tuesday, Wednesday, Friday (6:30 a.m. - 4 p.m.)  
Thursday (6:30 a.m. - 9 p.m.)

ANNUAL MEMBERSHIP	Euless Residents		Non-Residents		
	Senior Center, Rec Center, Fitness Center	Add Natatorium (Total Cost)	Senior Center Only	Add Fitness Center (Total Cost)	Add Natatorium (Total Cost)
Senior (age 60+)	\$7	\$30	\$35	\$90	\$145

NEW! Class registration will begin on Monday,  
August 8th at 8:00 a.m.

### SENIOR CENTER CLOSED

September 5	Labor Day
November 15	No classes after noon (12:00 pm)
November 16	North Main Bar-B-Que Luncheon
November 24	Thanksgiving Holiday
November 25	Thanksgiving Holiday
December 15	Closed at 4:00 pm for City Event
December 16	Closed for City Event

\*All activities offered through the Euless Family Life Senior Center require a membership to participate. Hesitation on enrolling for programs and activities could result in missing out on some FabEuless opportunities. Help us prevent program and activity cancellation by registering early. Reservations are limited.

### HEALTH AND WELLNESS

#### MORNING ZUMBA

Party like its 1999! Zumba is a Latin inspired fitness cardio dance class that incorporates Latin and international music. The cardio-based dance movements are easy to follow steps that include body sculpting, which targets areas such as legs, arms, core and abdominals and improves cardio function. Instructor: Angela Cisneros.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/7	EFLSC	60+	MW	8:15-9:15am	3.5	FREE
SHOW UP	10/3	EFLSC	60+	MW	8:15-9:15am	4.5	FREE
SHOW UP	11/2	EFLSC	60+	MW	8:15-9:15am	4.5	FREE
SHOW UP	12/5	EFLSC	60+	MW	8:15-9:15am	3.5	FREE

#### SIT AND FIT

Come join this exciting and results-oriented weight training class designed for seniors. In this class, you'll strengthen your bones, muscles, joints, and increase your cardio endurance. Instructor: Christian Smalls, Sr.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/12	EFLSC	60+	M	9:15-10:15am	4.5	FREE
SHOW UP	10/3	EFLSC	60+	M	9:15-10:15am	4.5	FREE
SHOW UP	11/7	EFLSC	60+	M	9:15-10:15am	4.5	FREE
SHOW UP	12/5	EFLSC	60+	M	9:15-10:15am	4.5	FREE

### NEW! PILATES

This Pilates class is based on techniques which include concentrated work on core strength, body alignment and muscular balance. The overall goal of Pilates is to lengthen and tone the muscles of the core without adding bulk. If you are looking for a foundation for a lifetime of keeping fit then this class is for you. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/2	EFLSC	60+	M/W/F	10:15-11:15am	5	FREE
SHOW UP	10/3	EFLSC	60+	M/W/F	10:15-11:15am	4.5	FREE
SHOW UP	11/2	EFLSC	60+	M/W/F	10:15-11:15am	5	FREE
SHOW UP	12/2	EFLSC	60+	M/W/F	10:15-11:15am	3	FREE

### SWEATING TO THE OLDIES

Gets your body moving! This class will take you through a full-body workout with absolutely no weights. You will strengthen your heart, lungs and increase your balance to the sounds of inspiring upbeat music! Instructor: Christian Smalls, Sr.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/1	EFLSC	60+	T/TH	9:15-10:15am	4.5	FREE
SHOW UP	10/4	EFLSC	60+	T/TH	9:15-10:15am	4.5	FREE
SHOW UP	11/1	EFLSC	60+	T/TH	9:15-10:15am	3.5	FREE
SHOW UP	12/3	EFLSC	60+	T/TH	9:15-10:15am	3	FREE

### EASY CHAIR FITNESS

This class is designed for those who have never exercised before and tried classes but found them too fast or difficult to follow. Maybe all you need is a refresher class that can help transition you into more advanced classes. Whatever your reason maybe this class is just for you! Hand weights, fitness ball and tubing will be used to help to increase muscular strength, regain range of movement, improve flexibility and balance and learn simple stretches while sitting in a chair. Instructor: Debbie Melchiorre.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/1	EFLSC	60+	T/TH	10:15-11:15am	4.5	FREE
SHOW UP	10/4	EFLSC	60+	T/TH	10:15-11:15am	4	FREE
SHOW UP	11/1	EFLSC	60+	T/TH	10:15-11:15am	3.5	FREE
SHOW UP	12/1	EFLSC	60+	T/TH	10:15-11:15am	3.5	FREE

### TAI CHI 49 FORM

If you are looking for a way to exercise both the mind and the body this class is for you! This Tai Chi form is very gentle and slow moving, yet it helps to improve your balance, increase your flexibility, strengthen your muscles, reduce stress and helps a variety of other health conditions. And we have FUN!!! Instructor: Annette Briggs.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/6	EFLSC	60+	T	10:30-11:30am	4	FREE
SHOW UP	10/4	EFLSC	60+	T	10:30-11:30am	4	FREE
SHOW UP	11/1	EFLSC	60+	T	10:30-11:30am	5	FREE
SHOW UP	12/6	EFLSC	60+	T	10:30-11:30am	4	FREE

Registration begins Monday, August 8 at 8 a.m. (in person and on-line).

**GENTLE YOGA**

Gentle Yoga presents an introduction to basic yoga poses. The class emphasizes stretching, coordination of breath with movement and attention to alignment. The class is designed to create breath awareness, enhance balance and increase flexibility. Gentle Yoga is for people new to yoga or those who are experiencing joint sensitivity, overall stiffness due to lack of activity or other physical limitations. Participants can expect a series of reclining, seated and some standing postures that require getting down on the floor without any assistance. Instructor: Debbie Melchiorre.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/1	EFLSC	60+	T/TH	11:15am-12:15pm	4.5	FREE
SHOW UP	10/4	EFLSC	60+	T/TH	11:15am-12:15pm	4	FREE
SHOW UP	11/1	EFLSC	60+	T/TH	11:15am-12:15pm	3.5	FREE
SHOW UP	12/1	EFLSC	60+	T/TH	11:15am-12:15pm	4	FREE

**CHAIR YOGA**

With the use and support of chairs, this Yoga Class is designed to help build strength, improve flexibility and balance in a very gentle way. If you prefer to do some of your practice on the mat that is always an option. Instructor: Debbie Melchiorre.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/7	EFLSC	60+	W	9:15-10:15am	4	FREE
SHOW UP	10/5	EFLSC	60+	W	9:15-10:15am	4	FREE
SHOW UP	11/2	EFLSC	60+	W	9:15-10:15am	4	FREE
SHOW UP	12/7	EFLSC	60+	W	9:15-10:15am	4	FREE

**RACQUETBALL/PICKLEBALL/PADDLEBALL**

Students will be taught the fundamentals of each game starting with safety and prepare students for a more competitive game so they can compete with other seniors in the area.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140900-09	9/1	EFLC	60+	TH	9-10am	5	\$27
140900-10	10/6	EFLC	60+	TH	9-10am	5	\$27
140900-11	11/10	EFLC	60+	TH	9-10am	5	\$27

**EASY ZUMBA-NEW**

Party like its 1999! This Latin inspired fitness class incorporates Latin and international music. The moves are very basic and easy to follow which help focus on your balance, range of motion and coordination. Come join the party! Instructor: Monica Chavez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/1	EFLSC	60+	TH	5-6pm	5	FREE
SHOW UP	10/6	EFLSC	60+	TH	5-6pm	4	FREE
SHOW UP	11/3	EFLSC	60+	TH	5-6pm	3	FREE
SHOW UP	12/1	EFLSC	60+	TH	5-6pm	4	FREE

**EVENING ZUMBA**

Party like its 1999! Zumba is a Latin inspired fitness cardio dance class incorporates Latin and international music. The cardio-based dance movements are easy to follow steps that include body sculpting, which targets areas such as legs, arms, core and abdominals and improves cardio function. Instructor: Monica Chavez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/1	EFLSC	60+	TH	6-7pm	5	FREE
SHOW UP	10/6	EFLSC	60+	TH	6-7pm	4	FREE
SHOW UP	11/3	EFLSC	60+	TH	6-7pm	3	FREE
SHOW UP	12/1	EFLSC	60+	TH	6-7pm	4	FREE

**SPECIAL INTERESTS****GENEALOGY**

Are you stuck up your family tree? This group is for those just beginning or wanting more for their genealogy quest. If you are stuck on the ground under your tree, or are stuck somewhere in your family tree, this group will help get you up the tree or unstuck! We're here to help each other swing from branch to branch. Come join us and get busy discovering your rich family history and heritage! Volunteer: Peg Poole

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/12	EFLSC	60+	M	1:00pm	1	FREE
SHOW UP	9/26	EFLSC	60+	M	1:00pm	1	FREE
SHOW UP	10/10	EFLSC	60+	M	1:00pm	1	FREE
SHOW UP	10/24	EFLSC	60+	M	1:00pm	1	FREE
SHOW UP	11/14	EFLSC	60+	M	1:00pm	1	FREE
SHOW UP	11/28	EFLSC	60+	M	1:00pm	1	FREE
SHOW UP	12/12	EFLSC	60+	M	1:00pm	1	FREE

**"HEY, WHATCHA READING?" BOOK CLUB**

Energize your reading, with new and different book selections followed by stimulating discussions! Join this ongoing book club. It is a continuous program meeting monthly, reading and discussing a variety of books. This is a great opportunity for all of you avid reader to share your enthusiasm for books. Volunteer: Margaret Burris.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/13	EFLSC	60+	T	10:00am	1	FREE
SHOW UP	10/11	EFLSC	60+	T	10:00am	1	FREE
SHOW UP	11/8	EFLSC	60+	T	10:00am	1	FREE
SHOW UP	12/13	EFLSC	60+	T	10:00am	1	FREE

**iPAD, KINDLE & TABLET - Books, Books & more Books**

Did you know you can get books, books and more books on your iPad, Kindle or Tablet? The Euless Public Library will be at the center to talk about how you can enjoy books on your electronic device. Join the library staff as they talk about electronic resources. If you have an electronic device bring it with you or if you do not have an electronic device just come see what all the talk is about. Instructor: Library Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140704-09	9/20	EFLSC	60+	T	11:30am	1	FREE

**KITCHEN SINK IS FREE. IPAD WILL COST YOU**

Library Free for All - Come see what you can access for free through the Library! Free streaming movies, e-audiobooks, e-magazines, hobbies and craft resources, genealogy databases & more. Insr: Library Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140705-10	10/4	EFLSC	60+	T	11:30am	1	FREE

**SPANISH FOR TRAVELERS**

Have you always been interested in learning the Spanish language or planning a trip to Mexico? This fun class will help you to learn Spanish you need to travel around the Spanish speaking world. This class will get you feeling comfortable ordering food, reserving a hotel room, asking for directions to the beach. And much more! Along the way you will learn essential vocabulary, grammar and beginning conversation that will build your confidence so you can travel with confidence. Instructor: Lala Williams

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140703-10	10/5	EFLSC	60+	W	9:30-11:30am	6	\$12

**AARP DRIVER SAFETY**

This course cannot be used to dismiss a ticket. Payment is made at time of class and checks are payable to AARP. Please call 817-685-1671 to register. \*\$15 AARP member, \$20 AARP nonmember. Instructor: AARP Certified Instructor

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140706-10	10/12	EFLSC	18+	W	9am-1pm	1	*



**PIE BAKING WITH KIM FROM PARKWOOD**

This class will be hands on. You will learn some tips and tricks for baking the perfect pie. Kim will share her life journey as a pie maker. She had enough money to be dangerous and purchased a restaurant. From that, a pie business was born...She sold retail and wholesale making hundreds of pies per week from scratch, no mixes, etc. "My mom taught me how to make the most wonderful pies and thanks to her easy, never fail crust, I was never intimidated." Be prepare to get some flour on you and you will be standing through most of the class. Recipe for pie and crust will be given out at the end of class. Please bring a rolling pin and an apron if you chose.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140707-10	10/12	EFLSC	60+	W	1:00PM	1	FREE

**ORCHIDS 101**

We'll go over the basics of orchid growing and teach you tips for being a successful orchid grower and BLOOMER! You are welcome to bring an orchid or two that might have questions about.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140708-09	9/8	EFLSC	60+	TH	1PM	1	FREE

**LINE DANCING**

Line dancing is not the "good ole country steppin" you thought it was. There are moves to keep your heart rate up and it's a great way to meet new friends. Get out there and get those feet and hips moving to the groove! The dances are all choreographed to various types of music, such as Country Western, Pop, Swing, Rock & Roll, Disco and Rhythm & Blues. Instructor: Sharon Dunn

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/2	EFLSC	60+	F	11:15am-12:45PM	5	FREE
SHOW UP	10/7	EFLSC	60+	F	11:15am-12:45PM	4	FREE
SHOW UP	11/11	EFLSC	60+	F	11:15am-12:45PM	2	FREE
SHOW UP	12/2	EFLSC	60+	F	11:15am-12:45PM	4	FREE

**GAMES, MUSIC AND SUCH****TEXAS HOLD'EM**

Texas Hold'em is played using a standard 52 card deck, and between two to ten players. Join this group and see if you are up for the challenge. This group meets once a week at 11:30am.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/12	EFLSC	60+	M	11:30am	3	FREE
SHOW UP	10/3	EFLSC	60+	M	11:30am	5	FREE
SHOW UP	11/7	EFLSC	60+	M	11:30am	4	FREE
SHOW UP	12/5	EFLSC	60+	M	11:30am	3	FREE

**PICKLEBALL**

Pickleball is a modified tennis game that is fun, great exercise and addictive. Play with an oversized table tennis paddle while hitting a hard plastic tennis-sized ball with tennis-like strokes on a badminton sized court. If you like to play tennis, paddle ball or badminton, you will love to play this game. Equipment is provided and ongoing open games. Join the Fun!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/1	EFLSC	60+	T/TH	10am-12pm	4.5	FREE
SHOW UP	10/4	EFLSC	60+	T/TH	10am-12pm	4	FREE
SHOW UP	11/1	EFLSC	60+	T/TH	10am-12pm	3.5	FREE
SHOW UP	12/1	EFLSC	60+	T/TH	10am-12pm	3.5	FREE

**PING PONG-TABLE TENNIS**

Table tennis, also known as ping pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using a small paddle. Table Tennis-PING PONG is fun, great exercise and addictive. Join the Fun!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/1	EFLSC	60+	T/TH	1pm	4.5	FREE
SHOW UP	10/4	EFLSC	60+	T/TH	1pm	4	FREE
SHOW UP	11/1	EFLSC	60+	T/TH	1pm	3.5	FREE
SHOW UP	12/1	EFLSC	60+	T/TH	1pm	3.5	FREE

**MAH JONG**

Mah Jong is a fascinating rummy-like game played with tiles rather than cards. This fun group is willing to teach new players. Drop in and play this fun, challenging game of Chinese tiles. The more the merrier!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/7	EFLSC	60+	W	9am	4	FREE
SHOW UP	10/5	EFLSC	60+	W	9am	4	FREE
SHOW UP	11/2	EFLSC	60+	W	9am	4	FREE
SHOW UP	12/7	EFLSC	60+	W	9am	4	FREE

**POOL TOURNAMENT**

Pool Tournaments are held on the 1st Wednesday of each month. All levels are welcome.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/7	EFLSC	60+	W	10am	1	FREE
SHOW UP	10/5	EFLSC	60+	W	10am	1	FREE
SHOW UP	11/2	EFLSC	60+	W	10am	1	FREE
SHOW UP	12/7	EFLSC	60+	W	10am	1	FREE

**PARTY BRIDGE**

Our Party Bridge is a drop in group. You don't need a partner to join in the fun. We welcome any and all bridge players, no matter your level of play. This is a group that wants to continue to utilize our minds, expand our bridge skills, develop new friendships and enjoy good company.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/7	EFLSC	60+	W	12pm	4	FREE
SHOW UP	10/5	EFLSC	60+	W	12pm	4	FREE
SHOW UP	11/2	EFLSC	60+	W	12pm	4	FREE
SHOW UP	12/7	EFLSC	60+	W	12pm	4	FREE

**B-I-N-G-O**

Play for cash prizes! Prize amount is based on the number of players in attendance and will vary for each session. Bingo cards must be purchased before 12:55pm! \* \$1 per card, limit 3 cards per person

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/7	EFLSC	60+	W	1-3pm	1	\$*
SHOW UP	10/5	EFLSC	60+	w	1-3pm	1	\$*
SHOW UP	11/2	EFLSC	60+	w	1-3pm	1	\$*
SHOW UP	12/7	EFLSC	60+	w	1-3pm	1	\$*

**JAMMMERS**

Picking and Grinning is what this group does best! If you play an instrument or just love to listen then you should join this group. Everyone is welcome!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/1	EFLSC	60+	TH	1pm	5	FREE
SHOW UP	10/6	EFLSC	60+	TH	1pm	4	FREE
SHOW UP	11/3	EFLSC	60+	TH	1pm	3	FREE
SHOW UP	12/1	EFLSC	60+	TH	1pm	4	FREE

**THURSDAY NIGHT GAMES**

Do you have a domino, card or board game you love but can't get enough players together? Want to try new games you might not have played before? You've come to the right place. Every Thursday night we are open for game night. This is a friendly, casual, no-cost event where you can try out new games or enjoy old favorites. Things tend to get going around 5 pm but feel free to drop in anytime throughout the evening.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/1	EFLSC	60+	TH	5-9pm	5	FREE
SHOW UP	10/6	EFLSC	60+	TH	5-9pm	4	FREE
SHOW UP	11/3	EFLSC	60+	TH	5-9pm	3	FREE
SHOW UP	12/1	EFLSC	60+	TH	5-9pm	4	FREE

**BUNCO**

BUNCO is a fast-moving, uncomplicated game of dice, luck and prizes. If you like plain, old-fashioned fun, you should consider joining this wild group! \*Payment is due at time of event.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140602-09	9/9	EFLSC	60+	F	9am	1	\$*
140602-10	10/14	EFLSC	60+	F	9am	1	\$*
140602-11	11/11	EFLSC	60+	F	9am	1	\$*

**ARTS AND CRAFTS****KNIT/CROCHET/CROSS STITCH**

Whether you are knitting, crocheting or doing needle work. This group is a great way to meet new people that love to chat while making something with a needle and a piece of string. No instruction is available. This group meets weekly unless otherwise discussed with group.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/12	EFLSC	60+	M	12:30pm	3	FREE
SHOW UP	10/3	EFLSC	60+	M	12:30pm	5	FREE
SHOW UP	11/7	EFLSC	60+	M	12:30pm	4	FREE
SHOW UP	12/5	EFLSC	60+	M	12:30pm	3	FREE

**ANYTHING GOES CRAFTERS**

Love crafting? Bring whatever project you are working on and get crafty with other members. Whether you knit, crochet, cross stitch, make jewelry or whatever you create. You are invited to join this informal group. What a great way to share ideas, learn new skills, laugh and enjoy the company.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/6	EFLSC	60+	T	9am	4	FREE
SHOW UP	10/4	EFLSC	60+	T	9am	4	FREE
SHOW UP	11/1	EFLSC	60+	T	9am	4	FREE
SHOW UP	12/6	EFLSC	60+	T	9am	4	FREE

**COLOR YOUR WORLD**

Coloring has therapeutic potential to reduce anxiety, create focus and bring about more mindfulness. Like meditation, coloring allows the brain to switch off other thoughts and focus. Join this colorful group and have some fun showing your color.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/27	EFLSC	60+	T	1pm	1	FREE
SHOW UP	10/25	EFLSC	60+	T	1pm	1	FREE
SHOW UP	11/29	EFLSC	60+	T	1pm	1	FREE
SHOW UP	12/27	EFLSC	60+	T	1pm	1	FREE

**QUILTERS**

Do you need some extra room to quilt or just want to get out of the house? Bring your handwork, quilt pieces, sewing machine, and whatever else you need to work on your quilt. Come for a couple of hours or stay all day. Everyone is welcome. No instruction provided.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/7	EFLSC	60+	W	10am	4	FREE
SHOW UP	10/5	EFLSC	60+	W	10am	4	FREE
SHOW UP	11/2	EFLSC	60+	W	10am	4	FREE
SHOW UP	12/7	EFLSC	60+	W	10am	4	FREE

**CARD MAKING**

Join this fun and inspiring card making group. Each week you will learn new ideas and techniques using all kinds of papers, stamps, stickers and some really fun tools to make your all-occasion cards. Please bring your own supplies.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/1	EFLSC	60+	TH	9:30am-1pm	5	FREE
SHOW UP	10/6	EFLSC	60+	TH	9:30am-1pm	4	FREE
SHOW UP	11/3	EFLSC	60+	TH	9:30am-1pm	3	FREE
SHOW UP	12/1	EFLSC	60+	TH	9:30am-1pm	4	FREE

**STAMPIN' UP**

We're absolutely delighted to have Janet Holmes with Stampin' Up. She will offer a monthly class. Each class has a \$7 (cash or check payable to the instructor) supply fee at time of class.

**FALL INTO FALL CARDS**

We will make 4 cards -2 of each design with fall leaves and acorns. We will also make a treat!! Cute and fun!!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140105-09	9/1	EFLSC	60+	TH	3-5pm	1	\$3

**HAPPY BIRTHDAY AND HALLOWEEN CARDS**

We will make 2 birthday cards (1 design) and 2 Halloween cards that are sure to be a "trick" also a fun treat to give to the goblins in your life!!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140105-10	10/6	EFLSC	60+	TH	3-5pm	1	\$3

**GOBBLE GOBBLE AND HO HO HOLIDAY CARDS**

We will make 2 special Christmas cards and 2 Thanksgiving cards

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140105-11	11/3	EFLSC	60+	TH	3-5pm	1	\$3

**HAPPY HOLIDAYS CARDS**

We will 2 Christmas cards and 2 gift cards, also an easy treat that will be easy to duplicate

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140105-12	12/1	EFLSC	60+	TH	3-5pm	1	\$3

**BASIC DRAWING CLASS**

If you can hold a pencil then this class is for you. You will learn the basic drawing skills to help you draw any subject with lines, shapes and value. No experience necessary. Please bring the following materials: 9x12 sketch book and 4B or Ebony pencils to class. Instructor: Arlene Taylor

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140106-09	9/9	EFLSC	60+	F	10am	4	\$30

**CONTINUE DRAWING CLASS**

Continue to learn drawing skills for anyone who has taken Basic Drawing. We will learn about texture, negative space, more about faces and how to draw perspective. Please bring the following materials: 9x12 sketch book and 4B or Ebony pencils to class. Prerequisite: Basic Drawing.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140107-10	10/7	EFLSC	60+	F	10am	4	\$30

**ALL ABOUT COLOR**

Learn how to use color by making a color wheel, learning how to mix colors and how to use colors to enhance your paintings, home decorating or clothing choices. Instructor will provide acrylic paints for classroom use but students can bring their own watercolors, oils, colored pencils or pastels. Students will make a color wheel, color mixing samples and complete at least one painting. Ins: Arlene Taylor

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140108-10	10/7	EFLSC	60+	F	12:30pm	4	\$30

**CRAFTY CREATIONS**

Crafty Creations is a monthly craft that brings out your hidden talents. Each month we will offer a variety of projects. The craft will be something you can give away or keep for yourself. You will have step by step instructions for each project and the best part is...you get the direction too! A SNEAK PEEK of the each month's craft will be displayed at the front desk. All supplies are provided. Please bring ruler, scissors, pencil, glue sticks to each class.

**CLAY POT AND PAPER FLOWERS**

FIESTA OLE with a festive bouquet. Let's make a little pot to brighten your day! We will decorate a clay pot, deck it out with colorful paper flowers and make a gift card and bag to go with it.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140109-09	9/14	EFLSC	60+	W	1pm	1	\$10



**MASON JAR LUMINARIES**

Double bubble toil and trouble! Let's make a luminary to light the goblin's way. We will take a mason jar, decorate it and light it from within. How about a spooky card and a trick or treat bag to go with it. BOOOOOO!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140109-10	10/12	EFLSC	60+	W	1pm	1	\$10

**PAMPER YOURSELF**

Let's pamper ourselves without the cost of a spa. Fragrance of orange, lemon and lime with cucumber, lavender...Oh So Divine! We'll make decorative soaps all boxed for a gift and sweet smelling bath salts to give our spirits a lift. We will finish with sachets to give scents to your "drawers" and a gift bag to carry it all.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140109-11	11/9	EFLSC	60+	W	1pm	1	\$10

**JEWELRY TREE WITH FRAME**

Deck the Hall with holiday CHEER! Ho Ho Ho for the season is here. We'll make a bejeweled Christmas tree in a frame that's just right and a seasonal card and gift bag to delight.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140109-12	12/14	EFLSC	60+	W	1pm	1	\$10

**LUNCH AND LEARN, SEMINARS, Q&A,  
and MUCH MORE****LUNCH AND LEARN**

The Lunch and Learn workshops are designed to be useful and informative. It is the individual's responsibility to make informed decisions regarding these workshops. Please call or stop by to make a reservation. Reservations are limited. If you are on the waiting list you are welcome to come to the workshop with the understanding lunch will not be provided.

**KELLER OAKS**

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140506-09	9/12	EFLSC	60+	M	11:30am-1pm	1	FREE

**FOREST RIDGE FUMERAL HOME presents SO YOU  
WANT TO BE CREMATED?**

Cremation is fast becoming the choice of many families today for a good reason. Maybe it's the simplicity, lower cost, personal preference or even because of environmental concerns. You may choose cremation for any of these or other reasons, making sure your wishes will be carried out and what else does your family need to know. You will learn some options and choices that will meet your personal wishes as well as those of your loved ones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140507-10	10/10	EFLSC	60+	M	11:30am-1pm	1	FREE

**ALBERTSONS ON MAIN STREET presents STEPS TO  
HEALTHY AGING**

Join the Albertsons Pharmacy team to talk about routine health screenings, checkups including but not limited to blood pressure, blood sugar, cholesterol, colorectal, bone density, breast cancer screenings and much more. Staying physically active can help prevent or delay many disease and disabilities. Healthy eating is important at every age but proper nutrition becomes even more vital with age as the ability to process food changes over time. Managing chronic conditions and living with less stress is just a few things they will talk about. Don't let aging slow you down!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140508-11	11/14	EFLSC	60+	M	11:30am-1pm	1	FREE

**REVERSE MORTGAGE**

What if I can't make my mortgage payment? What if my home needs repair? What if my health takes a turn? And the greatest concern of all, what if I outlive my savings? For many seniors, the answer to "what if" is a reverse mortgage. A reverse mortgage is a safe and secure financial tool that allows seniors to remain the owner of their home, free of mortgage payments, financially independent and with the peace of mind knowing they have the resources, to pay for health care, home modifications, or to simply enjoy life a little more

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140509-12	12/12	EFLSC	60+	M	11:30am-1pm	1	FREE

**SEMINARS****SENIOR HEALTHCARE 101**

Not sure why your neighbor or friend is getting better healthcare options than you are? Visit with a senior healthcare advocate to understand this as well as other baffling scenarios. Our senior advocate has many years of experience with guiding seniors and their loved ones on best healthcare options in the U.S. Instructor: Jessica Garcia

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/20	EFLSC	60+	T	9am	1	FREE
SHOW UP	10/18	EFLSC	60+	T	9am	1	FREE
SHOW UP	11/15	EFLSC	60+	T	9am	1	FREE
SHOW UP	12/20	EFLSC	60+	T	9am	1	FREE

**MEDICARE: WHAT YOU NEED TO KNOW**

We will go over common questions about Medicare, what your Medicare options are and where to find additional information about plans, prescription, extra help and much more. At the end of the program, there will be a question and answer session. Everyone is welcome! Instructor: Bridgett Williams

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140501-09	9/29	EFLSC	60+	TH	9am	1	FREE

**COMMON RETIREMENT errors TO AVOID?**

You're more than likely going to live longer than you think! It's vital that you make your money last. Take an hour to learn how important it is to maximize your benefits and organize all of your assets to get optimal income. Avoid the common errors that so many make. There's no need to follow the crowd...they might not know what they're doing! Come join us for a fun and information packed class about you and your money! Instructor: Educate DFW Series

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140510-09	9/9	EFLSC	60+	F	11:30am	1	FREE

**SHOT CLINIC**

Albertson's Pharmacy staff will offer immunizations to those who are eligible for vaccination against Trivalent Flu vaccine \$24.99, Quadrivalent is \$34.99, Prevnar 13 \$199.99, Pneumovax 23 \$196.99 and Zostavax (Shingles) \$239.99 and Adacel (Tetanus/Diphtheria/ Whooping cough) \$59.99. The pharmacy staff will file a claim for your shot if you have Medicare (bring your Medicare card) and if you do not have Medicare it will cost out of pocket.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/20	EFLSC	60+	T	8-10am	1	\$*

**BONE DENSITY SCREENING BY ALBERTSONS**

This is a preventative test that measures the mineral content of bone and helps with screening for osteoporosis. The screening involves a DEXA heel Scan portable machine where a measurement is taken from the heel of the foot. It is easy and painless and the entire process takes less than 10 minutes. Results will be provided so you can be shared with your doctor for appropriate diagnosis.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	10/4	EFLSC	60+	T	10am	1	FREE



## IS IT REALLY A STROKE? BE FAST-Balance Eyes Face Arms Speech Time!

Learn the signs and symptoms of stroke and what you should do. We will review the risks factors, types of stroke, and medical treatments. Class provides good basic knowledge that can save a life and/or greatly improve an outcome. Please join us for this "MUST HAVE" information.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140504-10	10/6	EFLSC	60+	TH	12:30pm	1	FREE

### REQUIRED MINIMUM DISTRIBUTION AND TAXES

If you're approaching 70, the IRS wants your IRA! Baby boomers who own a traditional IRA, 401(k) or other tax deferred account will soon have to face taking their Required Minimum Distributions (RMD's). Suddenly, a portion of your tax-deferred savings will be taxable again and the impact on your portfolio could be significant if you're not armed with the right information. This seminar will answer questions such as...When do I have to take my RMD and are there exceptions? How much tax liability will it create, How does it impact my Social Security? Instructor: Educate DFW Series

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140511-10	10/14	EFLSC	60+	F	11:30am	1	FREE

### CHARITABLE GIVING

Come learn all about: Tax ramification to families and estates, using charitable trusts or charitable strategies for planned giving. Learn how you could receive payments back for your lifetime. Save on your current income taxes. Instructor: Educate DFW Series

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140512-11	11/11	EFLSC	60+	F	11:30am-12:30pm	1	FREE

### TRIPS

#### SENIOR CENTER REFUND POLICY

Refunds are not given for programs, special events and trips. A refund will be given if the spot can be filled. If a program, special event or trip etc. is cancelled by the senior center staff, a full refund will be issued to the participant.

#### HENRIETTA CREEK ORCHARD

We'll travel to Roanoke to Henrietta Creek Orchard a family owned orchard with Pick Your Own Apples in 6 varieties. That is if Mother Nature will let us. The orchard has over 500 hybrid dwarf apple trees and about 300 peach trees. There is also a pizza garden that includes tomatoes, peppers, garlic and other herbs. Please arrive 15 minutes prior to departure time. (Departure time subject to change).

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140200-09	9/19	EFLSC	60+	M	8:30am	1	\$5

#### YOU CAN RUN FOR PRESIDENT TOO!-Path to the Presidency

We'll travel to Dallas to George W. Bush Presidential Library and Museum. We'll Step into a candidates' shoes that gives us a fun, interactive peek into past presidential campaigns, the changing face of the American electorate, and a glimpse at life on the campaign trail. This entertaining exhibit brings historic campaigns to life with artifacts, documents, photos, videos and many other interesting components. Please arrive 15 minutes prior to departure time. (Departure time subject to change).

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140201-10	10/4	EFLSC	60+	T	9:15pm	1	\$15

#### MEET ME IN THE ZOO

The Fort Worth Zoo features natural habitat exhibits where visitors are often only separated from the animals by a river or pane of glass. Founded in 1909, this is the oldest continuous zoo site in Texas. Please arrive 15 minutes prior to departure time. (Departure time subject to change).

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140202-11	11/7	EFLSC	60+	M	9:15am	1	\$15

## HOLIDAY IN THE PARK-SIX FLAGS OVER TEXAS

Holiday in the Park, at Six Flags Over Texas, is the most magical time of the year filled with enchanting experiences. Our breathtaking winter wonderland features a variety of delightful and interactive activities to help capture the holiday spirit. Gather with your friends and enjoy sparkling lights, glamorous decorations, festive scents and seasonal treats, playful activities, hair raising rides, and heartwarming shows. Six Flags Over Texas delivers holiday thrills featuring world-class coasters and rides the entire group can enjoy together. Most of our most popular rides are open during Holiday in the Park so get ready to let loose and laugh or scream with your friends. Please arrive 15 minutes prior to departure time. (Departure time subject to change).

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140203-12	12/2	EFLSC	60+	F	4:30pm	1	\$45

### MUSEUM MADNESS

Museum Madness is an adventure to explore collections of artifacts and other objects of artistic, cultural, historical or scientific importance. We will travel to different museums throughout the Metroplex Area. Please arrive 15 minutes prior to departure time. (Departure time subject to change).

### INTERBURBAN RAILWAY MUSEUM

The Interurban Railway Museum is an interactive museum for all ages. You will learn about the history of The Texas Electric Railway and the science behind how it worked. From hands-on electrical displays to a guided tour of Car 360, the museum has something for everyone!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140204-09	9/6	EFLSC	60+	T	10:30am	1	\$15

### MUSEUM OF BIBLICAL ART

The beautifully remodeled Museum boasts eleven galleries, The National Center for Jewish Art, an on-site Art Conservation Lab, Via Dolorosa Sculpture Garden and other major pilgrimage attractions.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140204-10	10/11	EFLSC	60+	T	9am	1	\$15

### INTERNATIONAL BOWLING MUSEUM & HALL OF FAME

Discover the region's premier sports museum brimming with one-of-a-kind bowling artifacts, a unique bowling experience and a cutting-edge glimpse at the far-flung future of this global pastime. Pass through Bowling's Hall of Fame where rare photos and vintage film clips tell the stories of bowling's greatest legends. The International Bowling Museum and Hall of Fame collects, preserves and exhibits the 5,000-year history of the worldwide sport of bowling. From the ancient Egyptians to British monarchs to an enterprising German immigrant, follow the sport's journey from archeological digs... to American taverns... to today's cutting-edge computer assisted training centers. No visit to the International Bowling Campus is complete without experiencing the International Bowling Museum and Hall of Fame.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140204-11	11/1	EFLSC	60+	T	9am	1	\$15

### THE OLD RED MUSEUM

Dedicated to inspire and educate visitors about the rich and varied cultural, economic, political and social history of the Dallas County Area, the Old Red Museum of Dallas County History & Culture serves as a symbol of Dallas heritage. Built in 1892, the beautifully restored Old Red Courthouse contains some of Dallas County's most fascinating historical artifacts. There is a special exhibit gallery located on the first floor, while the second floor of Old Red is filled with exhibits 41-touch screen computers, an educational learning center and four mini theatres.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140204-12	12/6	EFLSC	60+	T	9am	1	\$15



**MYSTERY LUNCH**

Join us on this fun day out, includes a scrumptious lunch and plenty of head scratching. Come solve the mystery as we travel to different restaurants in the DFW area each month. Registration is required. \* Lunch cost varies. Please arrive 15 minutes prior to departure time. (Departure time subject to change).

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140205-09	9/21	EFLSC	60+	W	12:30pm	1	\$*
140205-10	10/19	EFLSC	60+	W	12:30pm	1	\$
140205-12	12/21	EFLSC	60+	W	12:30pm	1	\$*

**FABEULESS FINDS**

Sit back and enjoy a day of FabEulless Finds. This group will be on an adventure to find those fabulous finds. We may stop for a new purse or taste a new cupcake or coffee shop and you never know we might catch a train. Each month will be stop at different places. Please arrive 15 minutes prior to departure time. (Departure time subject to change).

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140207-09	9/30	EFLSC	60+	F	9:45am	1	\$5
140207-10	10/28	EFLSC	60+	F	9:45am	1	\$5

**SPECIAL EVENTS****EMPOWERING SENIORS**

**Save the Date! Friday, October 7, TIME: 9 AM - 2 PM**

8th Annual Award Winning Empowering Seniors Health and Lifestyle Expo for Caregivers, Boomers and Seniors. This FREE event includes food, professional health screenings from area hospitals, informational workshops and over 140 local business, agencies and non-profit organizations. Ask the Doctors is back by popular demand and BINGO too! Drive yourself to First Euless Campus West at 205 N Industrial Blvd, Bedford, Texas. How to register for this event: Call 817581-3600. For more info, visit [www.EmpoweringSeniors.com](http://www.EmpoweringSeniors.com)

**JUNK IN YOUR TRUNK**

Come shop or sell! This is a community garage sale with sellers buying "parking spot" in the center lot and opening up their car trunk to sell their goods. There are limited numbers of parking spots available. Registration for a spot can be done online or in person at the senior center.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140406-10	10/8	EFLSC	18+	S	8am-1pm	1	\$10

**FROZEN FRIDAYS**

Brrrrrrrr! It's freezing at the Center! Blue Bell is back in Town-"I Scream, You Scream, We all Scream for Blue Bell" Join us for a frozen treat on the 4th Friday of each month at 2:30pm. Treats will vary and sugar free options will be available upon request. First-come first serve. No Frozen Fridays in November and December.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	9/23	EFLSC	60+	F	2:30pm	1	FREE
SHOW UP	10/28	EFLSC	60+	F	2:30pm	1	FREE

**MONTHLY MEAL MEDLEY**

Join us each month for a different meal. September Spaghetti, October and November no lunch and December Taco Palooza

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140000-09	9/1	EFLSC	60+	TH	11:30am	1	\$5
140000-12	12/1	EFLSC	60+	TH	11:30am	1	\$5

**HALLOWEEN HOWL PARTY**

When tombs creak open, worms creep out and witches take flight we will gather for spooky kooky frightful party. Come join this frightful party, if you dare...We will have a spook kooky fest along with a costume contest.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140400-10	10/31	EFLSC	60+	M	11:30am	1	\$5

**THANKSGIVING POTLUCK**

We are throwing a potluck party this Thanksgiving. ELFCs will provide the turkey and ham and you provide the rest. Be thankful and please provide enough to serve 10-12 people. \*\$5 without a dish.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140401-11	11/4	EFLSC	60+	F	11:30am	1	\$*

**NORTH MAIN BAR-B-QUE ANNUAL HOLIDAY LUNCHEON**  
**Sponsored by North Main Bar-B-Que.**

**Wednesday, November 16**

11:00 a.m. - doors open, 11:30 a.m. - lunch served.

TICKETS are required for entry.

Reservations are NOT accepted by phone.

Registration Deadline is Wednesday, November 9

Reservations:

Euless Family Life Senior Center Resident Members (current EFLSC membership required.)

Begin taking reservation: 9/1 at 8a.m.

Euless Family Life Senior Center Non-Resident Members (current EFLSC membership required.)

Begin taking reservation: 10/1 at 8a.m.

Non-Members (60- plus Euless Resident). Proof of residency (current water bill and current TX DL is required.) Begin taking reservation: 10/15 at 7:30 a.m.

Event #: 140402-11 - We have a limited number of tickets available. This event will sell out. Don't delay, get your tickets early!

**CHRISTMAS POTLUCK**

We are throwing a potluck party this Holiday Season. ELFCs will provide meatloaf and you provide the rest. Please provide enough to serve 10-12 people. \*\$5 without a dish.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140404-12	12/9	EFLSC	60+	F	12pm	1	\$*

**NEW YEARS EVE PARTY**

Let's ring in the New Year at the EFLSC. We will be serving black eyed peas, chicken soup, corn bread and non-alcoholic beverages to toast in the New Year!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
140105-12	12/30	EFLSC	60+	F	11:30am	1	\$5

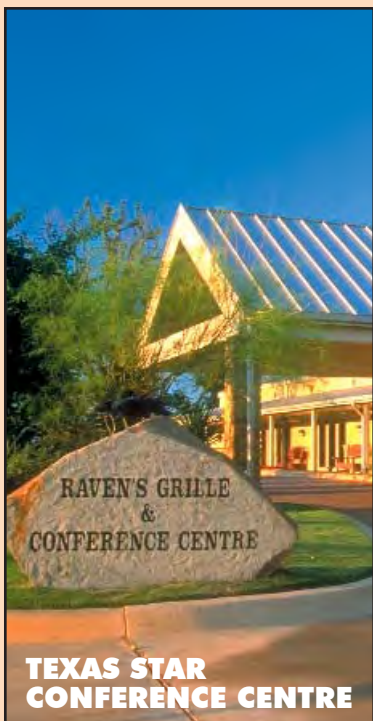




**ACTIVITY ROOM #5**



**ACTIVITY ROOM #1**



**TEXAS STAR  
CONFERENCE CENTRE**

Reservation Staff is available to assist with reservations Monday - Friday, 8 a.m. - 5 p.m.  
817-685-1649 / [www.eulesstx.gov/pacs/rentals](http://www.eulesstx.gov/pacs/rentals) / [ofaiva-siale@eulesstx.gov](mailto:ofaiva-siale@eulesstx.gov)

## **INDOOR FACILITY RENTAL INFORMATION**

### **Euless Family Life Center, 300 W. Midway Dr.**

Note: Reservations required, a minimum of 7 business days in advance, a maximum 60 days in advance. After hours rentals require a minimum of 14 business days in advance, a maximum of 60 days in advance.

Amenities: Tables and chairs are included in the rental fee.

After hours rental available (See pg. 9 for hours of operation): Friday, 8 - 11 p.m.; Saturday, 6 - 11 p.m.; Sunday, 6 - 9 p.m.

### **MEETING ROOMS**

Resident:	\$30/hr (For after hours add \$20/hr-building attendant fee)
Non-resident:	\$60/hr (For after hours add \$20/hr-building attendant fee)
Deposit:	Without food or drink \$50
	With food or drink \$250

	Occupancy Load	Seated Occupancy
Activity Room #1	40	24
Activity Room #2	10	10
Activity Room #5	60	40

### **GYMNASIUM\*** (capacity = 250)

Only available after hours: Friday, 8 - 11 p.m.; Saturday, 6-11 p.m.; Sunday, 6-9 p.m.

Resident:	\$45/hr (minimum 2-hour rental) + \$20 per hour building attendant fee
Non-resident:	\$90/hr (minimum 2-hour rental) + \$20 per hour building attendant fee
Deposit:	\$50

Note: Sport Court activities are the only activities allowed in the gym. There is no food or drink allowed in the gym.

### **Simmons Center, 508 Simmons Dr.**

Note: Reservations required a minimum of 14 business days in advance. A maximum of 60 days in advance.

Occupancy Load: 60 Friday - Sunday, 8 a.m. - 11 p.m.

Amenities: Full kitchen with refrigerator/freezer, oven, stove, microwave, ice machine, J.A. Carr Park and gazebo.

Tables & Chairs available: 60 chairs, 15 - 6 ft. tables, 10 - 3 ft. card tables

Resident:	3-hour minimum \$100	Each additional hour \$35 per hour
Nonresident:	3-hour minimum \$200	Each additional hour \$70 per hour
Deposit:	\$50 (without food or drink)	\$250 (with food or drink)

### **TEXAS STAR CONFERENCE CENTRE**

**817-685-1845**

A 7,000 square foot conference centre and 4,000 square foot pavilion with full services, amenities and on-site catering. [www.TexasStarGolf.com](http://www.TexasStarGolf.com)



**PARKS AT TEXAS STAR PAVILION**





Reservation Staff is available to assist with reservations Monday-Friday, 8 a.m. - 5 p.m.  
817-685-1649 / [www.eulesstx.gov/pacs/rentals](http://www.eulesstx.gov/pacs/rentals) / [ofaiva-siale@eulesstx.gov](mailto:ofaiva-siale@eulesstx.gov)

## OUTDOOR FACILITY RENTAL INFORMATION

NOTE: Reservations required, a minimum of 7 business days in advance and a maximum of 60 days in advance.

Area	Resident	Non-Resident	Deposit
Pavilion	\$50	\$100	\$250
Amphitheater	\$150	\$300	\$250
Gazebo	\$25	\$50	\$250

Available time blocks for pavilions, amphitheater and gazebo:

5 a.m. – 9 a.m. / 9:30 a.m. – 1:30 p.m. / 2 p.m. – 6 p.m. / 6:30 p.m. – 10:30 p.m.

### PAVILIONS

**Bear's Den Pavilion** 1951 Bear Creek Pkwy. (east side of Parkway) Capacity = 200  
Amenities: Playground, picnic tables, grilling areas, walking / jogging trail, minimum electricity, restrooms.

**Bob Eden Park Pavilion** 901 W. Mid-Cities Blvd. Capacity = 250  
Amenities: Playground, picnic tables, grilling areas, 3 regulation-size sand volleyball courts, softball practice field (for rental), tennis courts, walking / jogging trail, permanent restroom, minimum electricity.

**Parks at Texas Star Pavilion** 1501 South Pipeline Rd. Capacity = 200  
Amenities: Playground, picnic tables, grilling area, batting cages, walking / jogging area, minimum electricity, permanent restrooms.

**Leon Hogg Pavilion** 1951 Bear Creek Pkwy. (west side of Parkway) Capacity = 250  
Amenities: Picnic tables, benches, grilling areas, walking / jogging trail, serving stand, minimum electricity, restrooms.

### LEON HOGG AMPHITHEATER

Amphitheater Stage, & Pavilion / 1951 Bear Creek Pkwy. (west side of Bear Creek Pkwy.) Capacity = 1,500

Amenities: Picnic tables, benches, serving stand, grilling area, two additional smaller pavilions, walking / jogging trail, minimum electricity, restrooms.

### GAZEBOS

J.A. Carr Park Gazebo	508 Simmons Dr.	Capacity = 50
McCormick Park Gazebo	2190 Joyce Court	Capacity = 50
The Preserve at McCormick Park Gazebo	2005 Fuller-Wiser Rd.	Capacity = 50

### PRACTICE FIELD

NOTE: Reservations require a minimum 2-day (48-hour) notice and cannot be made more than 2-weeks prior to the rental. To see full field rental policies, please visit [www.eulesstx.gov/pacs](http://www.eulesstx.gov/pacs). Field preparation is not included. Fields may be closed at times for scheduled maintenance or special events.

Fees per hour	Resident No Lights	Resident With Lights	Non-Resident No Lights	Non-Resident With Lights
Field	\$10	\$18	\$20	\$28

**Bob Eden Park Field** 901 W. Mid-Cities Blvd.  
Available: 8 a.m. - 10 p.m.



LEON HOGG PAVILION



J.A. CARR PARK  
GAZEBO



BOB EDEN FIELD



## Parks

### Blessing Branch Park

408 E. Denton Dr. **Size:** 3 acres  
**Facilities:** Picnic and playground area.

### Bob Eden Park

901 W. Mid-Cities Blvd. **Size:** 47 acres  
**Facilities:** One flag football/soccer field, one lighted baseball/ softball field, playground, picnic areas, 1.9 mile walking and jogging track with warm up stations, pavilion, two lighted tennis courts, three lighted regulation-size sand volleyball courts and restrooms. (Trail connects to McCormick Park & Trailwood Park.)

### Heritage Park

201 Cullum Dr. **Size:** 4 acres  
**Facilities:** Euless Museum, Historic Fuller House, Himes Log House, McCormick Barn, playground, picnic areas, 1/4 mile walking trail.

### J. A. Carr Park

508 Simmons Dr. **Size:** 5 acres  
**Facilities:** Half-mile walking and jogging trail, picnic areas, sand volleyball court, playground, gazebo and garden, shaded areas, restrooms, Simmons Center.

### Kiddie Carr Park

800 Pauline St. **Size:** 4 acres  
**Facilities:** Picnic areas, shade trees, and outdoor basketball courts.

### Lakewood Tennis Courts

1600 Donley Dr.  
**Facilities:** Two lighted tennis courts.

### McCormick Park

2190 Joyce Court **Size:** 12 acres  
**Facilities:** 1/3 mile bike and hiking trail, picnic areas, restrooms, gazebo and playground. (Trail connects to Bob Eden Park and the Preserve at McCormick Park.)

### Midway Park

615 N. Main St. **Size:** 22 acres  
**Facilities:** Two lighted youth baseball/softball fields, playgrounds, picnic areas, Natatorium, Euless Family Life Aquatic Park, shaded area, Euless Family Life Center, Euless Family Life Senior Center.

### The Parks at Texas Star (www.ParksAtTexasStar.com)

1501 S. Pipeline Rd. **Size:** 120 acres  
**Facilities:** Picnic areas, five baseball/softball fields, one championship-size soccer field, six youth soccer fields, three T-ball fields, Dr Pepper Star Center, batting cages, two concession stands, pavilion, concrete walking trail, playground, exercise area, restrooms.

### The Preserve at McCormick Park

2005 Fuller-Wiser Road **Size:** 27 acres  
**Facilities:** Concrete walking trails, playground, gazebo, picnic areas, Historic Tree Grove, outdoor classroom, bird watching area, species trail, 2 ponds, fishing pier, restrooms, boardwalk. (Trail connects to McCormick Park and Villages of Bear Creek Park.)

### Reflection Park

1251 Fuller-Wiser Rd. **Size:** one-half acre  
**Facilities:** Bench seating.

### Softball World at Texas Star (www.SoftballWorld.us)

1375 W. Euless Blvd. **Size:** 16 acres  
**Facilities:** Four lighted softball fields, concession stand, pro shop, playground.

### South Euless Park

600 S. Main St. **Size:** 5 acres  
**Facilities:** Picnic areas, playground, South Euless Park Splash Pad, Old North Main Iron Bridge, outdoor basketball court.

### Trailwood Park

500 Trailwood Drive **Size:** 11 acres  
**Facilities:** Playground, picnic stations and trails. (Connects to Bob Eden Park.)

### Villages of Bear Creek Park

1951 Bear Creek Parkway **Size:** 40 acres  
**Facilities:** 3 acre dog park, seven soccer fields, picnic areas, three-mile nature walking/jogging trail with plant and tree identification signs throughout, city in-ground tree farm, playground, ground-seating amphitheater, two pavilions, one practice softball field, three large parking areas, restrooms. (Trail connects to The Preserve at McCormick Park.)

### West Park

600 Westpark Way **Size:** 21 acres  
**Facilities:** Two youth lighted baseball/softball fields that can be converted to a soccer field, picnic areas, one youth softball field, nature area, playground and restrooms.

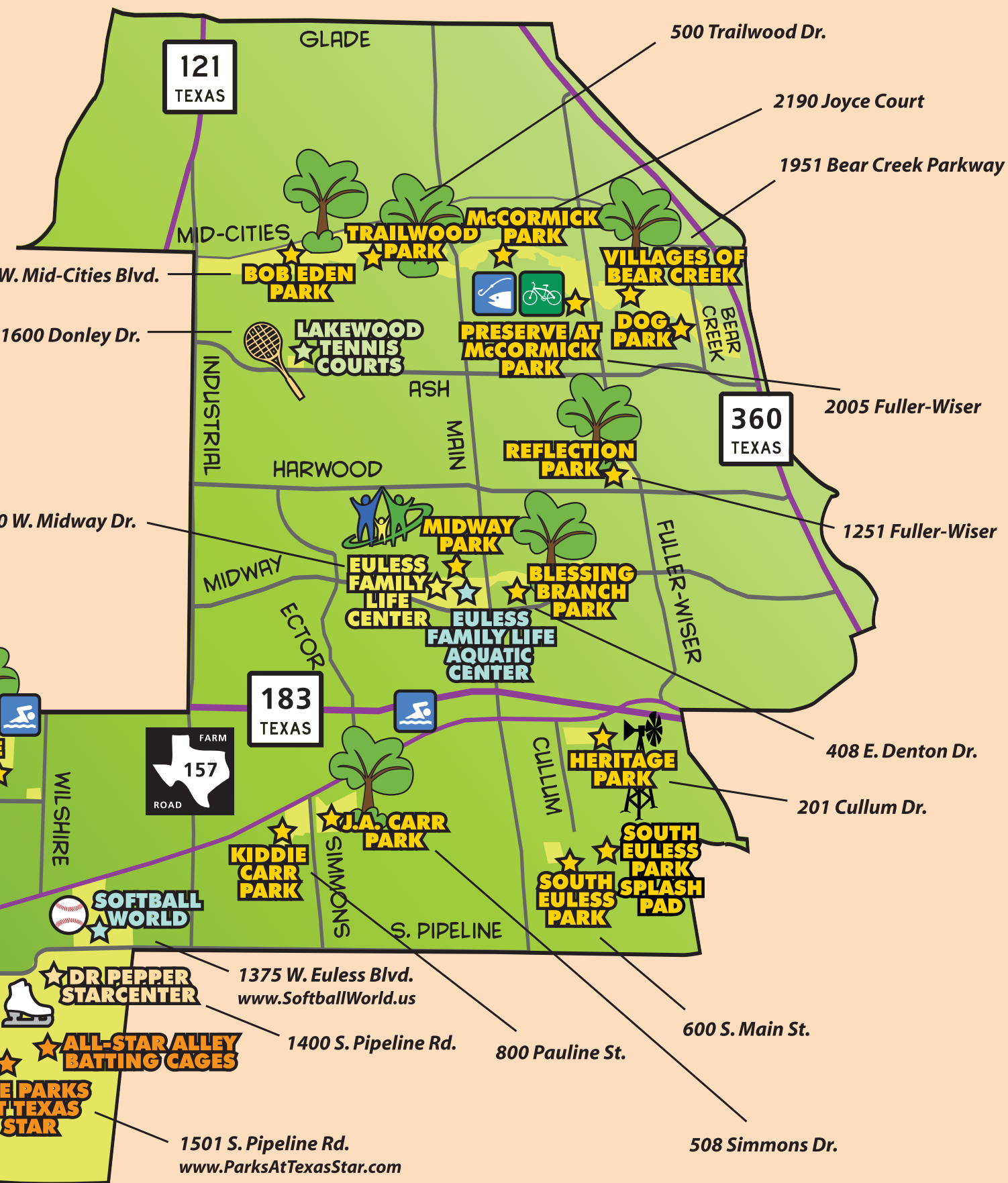
### Wilshire Park

315 Sierra Dr. **Size:** 4 acres  
**Facilities:** Swimming pool, picnic areas, playground, shaded areas, pond, 1/4 mile concrete walking trail, fishing pier, and restrooms.



Euless Parks & Community Services  
 1314-B Royal Parkway

1400 Texas Star Parkway  
 www.TexasStarGolf.com





## POSTAL CUSTOMER



**EXPLORE EULESS PARKS/ PG. 30**



**HALLOWEEN TRUNK OR TREAT EVENT/ PG. 4**



**SENIOR ARTS & CRAFTS / PG.24**



**OPEN HOUSE ABOUT QUANAH PARKER / PG. 8**